HEAD START MENU

ROGERS CITY AREA SCHOOLS	WEEK #1	*Pepperoni Pizza	4																
	5	Tossed Salad, Cucumber Slices, Diced Pears and Ranch Dressing	Fun	iyuns inam	, Lett on Ap	uce &	ndwich Toma iuce ar ing	· ·		Brown	n Rice	e, Mixe	Chick ed Pep and R	pers,	*Chicken Patty Oven Baked Fries, Broc Diced Peaches, Ranc Dressing, Ketchup & Ma				nch
		MONDAY	TUESDAY				١	NED	NES	DAY			THURSDAY						
BREAKFAST		Hot Dog on a *Bun Baked Beans, Cheez-It's, Apple, Ranch Dressing, Ketchup &		nion F	Rings		mburg en Pea		Cue		sed		ch Sala	ad, ple and	*Ga	rlic T	oast, E	// Meat Baby Ca es & Ra	arrot
MONDAY	Ranch Dressing, Ketchup & O Mustard Ketchu			0			'O	out			ch Dre					Dress			
Breakfast Pizza		MONDAY		_		SDA)					THUR			DAV					
itring Cheese				_	UE	JUA	T			WEDNESDAY		<u> </u>							
Cinnamon Applesauce	K #3	*Chicken Tenders Potato Puffs, Lettuce &					& Tomato Soup *Italian Stromboli				term	lk Bisc	Pot Pie uits, Br	rocc					
TUESDAY	NEE	Ranch Dressing, Ketchup &	Tomatoes, Mixed Fruit, anch Dressing, Ketchup &Cauliflower, Mandarin Oranges & Ranch DressingMixed Greens, baby Carrots, Mixed Fruit & Ranch Dressing		Арр	lesa	uce Cu Dress	ip and I sing	Ran										
Blueberry Muffin	5	Mayo	Nation Drocoling					in ou	Tur			Joomig			Dioot	, ing			
′ogurt						WEDNEODAY				THIDEDAY									
resh Pears		MONDAY	TUESDAY				WEDNESDAY				THURSDAY								
	\$	*Chicken & Cheese								*		_	.					aco St	-
WEDNESDAY		Quesadilla Spanish Rice, Tossed Salad,	*Din		-	ef Rav	violi Peppe		5.4	-			co Sticl arinara	-				ns, Che Iild Sal	
French Toast	VEEK	Mild Salsa, Diced Pears and	Cinnal						IVI				es and					and R	
crambled Eggs	3	Ranch Dressing	Unnu	mon		ssing						ch Dre		•		ingo	Dress		unc
Drange Smiles		J				0				Rahon Broooling					0				
THURSDAY	Jen	na Vekaryasz—Food Service Supe	ervisor	Week		Septen		-				Octob		_			Noven		
Mini Pancakes		734.9164		^{week} #1	М	Т 7	W 8	Т 9		Week #1	M 4	T 5	W 6	Т 7	Week	M 1	Т 2	W 3	1
Apple Slices		jenna.vekaryasz@rcashurons.or	g	#2	13	14	15	16	-	#2	- 11	12	13	14	#1	8	9	10	1
ausage Patties		• * = Whole Grain		#3	20	21	22	23		#3	18	19	20	21	#2	15	16	17	1
anouge i attico	•	All Meals include 1% White I	Milk	#4	27	28	29	30		#4	25	26	27	28	#3	22	23	24	2

Menu is subject to change without notice.

ROGERS CITY ELEMENTARY SCHOOL MENU

Jenna Vekaryasz—Food Service Supervisor ~ 734.9164 / jenna.vekaryasz@rcashurons.org

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
X Ž	*Cereal Kit with Apple Juice	*French Toast, Graham Crackers, Yogurt, Pineapple Cup	*Banana Bread, String Cheese and Apple	*Cinnamon Muffin, Cheese Cubes and Diced Pears	*Lucky Charms, Yogurt and Manda- rin Oranges
MEE	*Pepperoni Pizza, Tossed Salad, Cucumber Slices, Diced Pears and Ranch Dressing	*Pulled Pork Sandwich, Funyuns, Lettuce & Tomato, Applesauce Cup and Ranch Dressing	*Sweet & Sour Chicken, Brown Rice, Mixed Peppers, Pineapple Tidbits and Ranch Dressing	*Chicken Patty on a Bun, Oven Baked Fries, Ranch Dressing, Ketchup & Mayo	*Cheesy Garlic Parmesan Bread- stick Bites, Marinara Sauce, Mixed Greens, Diced Peaches and Ranch
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
#2	*Blueberry Muffin, String Cheese	*Fruit Loops, Yogurt and Watermelon	*French Toast Bites, Cheese Cubes and	*Oatmeal Bar, String Cheese and Mixed	*Cereal Kit and Apple Juice
WEEK	and Craisins *Hot Dog on a Bun, Baked Beans, Cheez-it's, Apple, Ranch & BBQ sauce	Applesauce Cup *Cheeseburger, Onion Rings, Green Peas, Orange Smiles, Ranch, Ketchup, Mustard & Mayo	Diced Pears Cheese Pizza, Spinach Salad, Cucumber Slices, Pineapple Tidbits and Ranch	Fruit Cup *Penne Pasta, Garlic Toast, Baby Carrots, Diced Peaches and Ranch	*Chicken & Waffles, Syrup Cup, Hash Brow, Cinnamon Applesauce and Ranch
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<pre> 4 3 4 4 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4</pre>	*Cookie & Cream Granola Bar, Cheese Cubes and Mixed Fruit Cup	*Strawberry Nutrigrain bar, Yogurt, and Mixed berry Applesauce Cup	*Chocolate Muffin, String Cheese and Dived Peaches	*Frosted Flakes, Cheese Cubes and Raisins	*Golden Graham Cereal Bar, Oranges and Yogurt
WEE	*Chicken Tenders, Potato Puffs, Apple Slices, Ranch & BBQ sauce	*Grilled Cheese & Tomato Soup, Green Peas, Mandarin Oranges and Ranch	* Italian Stromboli, Mixed Greens, Marinara Cup, Mixed Fruit Cup and Ranch	*Chicken Pot Pie, Buttermilk Biscuit, Broccoli, Pear and Ranch	*Pizza Rolls, Tossed Spinach Salad, Strawberry Banana Applesauce Cup and Ranch
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
#4	*Cereal Kit and Apple Juice *Chicken & Cheese Quesadilla.	*Cinnamon Bun Stick, String Cheese and Pear	*Nature Valley S'more Bites, Yogurt and Craisins	*Strawberry Poptart, Cheese Cubes and Diced Peaches	*Cocoa Bread, String Cheese and Applesauce Cup
VEEK	Spanish Rice, Tossed Salad, Mild Salsa and Ranch	*Mini Beef Ravioli, Dinner Roll, Mixed Peppers, Apple Slices and Ranch	*Cheese Bosco Sticks, Mixed Greens, Marinara Cup, Sliced Peaches and Ranch	*Soft Shell Taco Stick, Refried Beans, Cherry Tomato's, Mild Salsa, Orange Smiles and Ranch	*Mini Pancakes, Sausage Patty, Hash Brown, Sidekick Slushy and Syrup Cup

- * = Whole Grain
- Salad Bar available daily
- All meals are served with a CHOICE OF MILK.

Menu is subject to change without notice.

FREE REIMBURSABLE BREAKFAST & LUNCH SERVED DAILY

Milk Only— \$.50 Adult Breakfast—\$2.50 Adult Lunch—\$4.00

	Sept	embe	r		October								
М	Т	w	Т	F	Week	М	Т	w	Т				
	7	8	9	10	#1	4	5	6	7				
13	14	15	16	17	#2	11	12	13	14				
20	21	22	23	24	#3	18	19	20	21				
27	28	29	30		#4	25	26	27	28				
	13 20	M T 7 13 14 20 21	M T W 7 8 13 14 15 20 21 22	7 8 9 13 14 15 16 20 21 22 23	M T W T F 7 8 9 10 13 14 15 16 17 20 21 22 23 24	M T W T F Wook 7 8 9 10 #1 13 14 15 16 17 #2 20 21 22 23 24 #3	M T W T F Wook M 7 8 9 10 #1 4 13 14 15 16 17 #2 11 20 21 22 23 24 #3 18	M T W T F 7 8 9 10 #1 4 5 13 14 15 16 17 #2 11 12 20 21 22 23 24 #3 18 19	M T W T F Week M T W 7 8 9 10 #1 4 5 6 13 14 15 16 17 #2 11 12 13 20 21 22 23 24 #3 18 19 20				

November

Weeks	м	т	w	т	F
#1	1	2	3	4	5
#2	8	9	10	11	12
#3	15	16	17	18	19
#4	22	23	24	25	26
#1	29	30			

8

15

22

29

HIGH SCHOOL MENU

Jenna Vekaryasz—Food Service Supervisor ~ 734.9164 / jenna.vekaryasz@rcashurons.org

Menu is subject to change without notice.

	-	MONDAY	TU	ESDAY		WE	DNES	SDAY			THU	rsi	DAY			F	RID	AY	
ROGERS CITY AREA SCHOOLS	ž	*Pepperoni Pizza,	*Pulled I	Pork Sandwi	ich,	Sweet	& Sour	Chicker	n,	*So	outhern	Style	Chic	ken	*Cł	neesy	Bread	stick	Bites,
	ЯЕЕ	Tossed Salad, Cucumber		ins, Lettuce				e, Mixed			andwich						ara Cu		
	Ē	Slices, Diced Pears, Fresh		o, Applesauc		Peppers			oits,		s, Peacl								, Apple
BREAKFAST	5	Fruit and Ranch Dressing		as, and Ran	ch	Appl		Ranch		a	and Ran	ch D	ressin	g	6	and R	anch [Dress	ing
				Dressing			Dressi	ng											
MONDAY		MONDAY	TU	ESDAY		WE	DNES	SDAY			THU	RSI	DAY			F	RID	AY	
Choice of: Parfait, *Breakfast Pizza, Cereal,	#2	Chili Cheese Dogs, Baked	HURC	ON BURGEF	२	*Chees	se Pizza	a, Tosse	ed	Р	enne Pa	asta v	n∕Me	at	*G	rilled	Chicke	en Co	ordon
Cherry or Apple Frudel, Yogurt , String	X	Beans, Cheez-it's, Pears,	*Onion Ri	ings, Mixed	Fruit	Spinach	i Salad,	Cucum	ber	Sau	ce, *Ga	rlic To	oast, I	Baby	E	leu S	andwi	ch, Fr	esh
Cheese, Cinnamon Applesauce, Orange and	ЯЕ	Strawberry Applesauce Cup	Cup, A	pples, Ranc	h,	Slices, A	Applesa	uce, Fre	esh	Са	rrots, Sl	iced	Peach	nes,	В	rocco	li & Ca	uliflo	wer,
Juice.	3	and Ranch Dressing	Musta	rd, Mayo an	d	Pears ar	nd Rano	ch Dress	sing	Fre	esh Pea	rs an	d Rar	nch	F	resh F	Fruit a	nd Ra	inch
TUESDAY			ł	Ketchup							Dr	essin	g				Dressi	ng	
Choice of: Iced Coffee, *Muffins, Breakfast		MONDAY	TU	ESDAY		WE	DNES	SDAY			THU	rsi	DAY			F	RID	AY	
Tornados, Cereal, String Cheese, Yogurt,	\$	*Chicken Tenders, Potato	*Grilled C	heese & Toi	mato	*Italian	Stromb	ooli, Mixe	ed	Chic	ken Pot	Pie,	*Butte	ermilk		Taco	Chili, *	Chee	se
Fresh Fruit and Juice.		Puffs, Applesauce, Fresh	Soup,	Green Peas	S,	Greens, Baby Carrots,			S,	Biscuit, Broccoli,				Doritos, Mixed Peppers,			pers,		
WEDNESDAY	μ	Fruit, Ranch Dressing &	Cauliflo	wer, Manda	rin	Mixed F	ruit Cu	p, Orang	jes	A	pplesau	ce, P	ear a	nd	F	resh F	- ruit a	nd Ra	inch
	MEE	BBQ sauce	Orange	es, Apples a	nd	and F	Ranch D	Dressing			Ranch	Dres	ssing			I	Dressi	ng	
Choice of: Chicken & Waffles, Cereal Bar,			Rano	ch Dressing															
Benefit Bar, String Cheese, Yogurt, Mixed																			
Fruit Cups and Juice.		MONDAY	TU	ESDAY		WE	DNES	SDAY			THU	rsi	DAY			F	RID	AY	
THURSDAY	*	*Chicken & Cheese	*3 Chees	e Ravioli se	rved	*Boso	co Stick	s, Mixed	ł	*-	Taco La	saan	a Bak	e.	*Sı	uprem	e Pizz	a. Sp	inach
Choice of: Smoothie, Nature Velley Bar,		Quesadilla, *Spanish Rice,	with red	or white Sau	ice.			nara Cup			ettuce, 7	-				•	Carro		
Chocolate Chip Oatmeal Bar, Egg Scrambles,	WEEK	Mandarin Oranges, Tossed	*Dinner	Roll, Brocc	oli,	Fresh Fru					am, Mix				Pi	neapp	le Tidl	oits, F	resh
String Cheese, Banana, Pear and Juice.	ž	Salad, Mild Salsa and		Peppers, Ap			nch Dre				ced Pea						Ranc		
FRIDAY		Ranch Dressing	Slices, Ba	nana and R	anch						Dr	essin	g						
Choice of: Fresh Fruit Friday, Cheese Cubes,																			
Assorted Granola Bars, Pancake on a Stick,		FREE REIMBURSA	BLE							_									
Diced Peaches, Fresh Fruit and Juice.		BREAKFAST & LUN	СН		Septe	mber			1	October				Nove	ember				
		SERVED DAILY		Week M	т	W T	F	Week	М	Т	w	T	F	Weeks	M	Т	w	Т	F
		_		#1	7	89	10	#1	4	5	6	7	8	#1	1	2	3	4	5

- * = Whole Grain .
- Every meals comes with CHOICE OF MILK ٠

Salad bar, al-a-cart & smart snacks available daily

Milk Only— \$.50 Adult Breakfast—\$2.50 Adult Lunch—\$4.00

		Sept	embe	r				Oc	tober		November						
Week	м	т	w	т	F	Week	М	Т	w	т	F	Weel	s M	Т	w	т	
#1		7	8	9	10	#1	4	5	6	7	8	#1	1	2	3	4	
#2	13	14	15	16	17	#2	11	12	13	14	15	#2	8	9	10	11	
#3	20	21	22	23	24	#3	18	19	20	21	22	#3	15	16	17	18	
#4	27	28	29	30		#4	25	26	27	28	29	#4	22	23	24	25	
												#1	29	30			

12

19

26

ST. IGNATIUS SCHOOL LUNCH MENU

		Sept	embe	r	
Week	М	т	w	т	F
#1		7	8	9	10
#2	13	14	15	16	17
#3	20	21	22	23	24
#4	27	28	29	30	

	October									
Week	м	Т	w	Т	F					
#1	4	5	6	7	8					
#2	11	12	13	14	15					
#3	18	19	20	21	22					
#4	25	26	27	28	29					

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November									
Weeks	м	т	w	т	F				
#1	1	2	3	4	5				
#2	8	9	10	11	12				
#3	15	16	17	18	19				
#4	22	23	24	25	26				
#1	29	30							

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* = Whole Grain Salad Bar Available

Menu is subject to change without notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	*Pepperoni Pizza, Tossed Salad, Cucumber Slices, Diced Pears and Ranch Dressing	*Pulled Pork Sandwich, Funyuns, Lettuce & Tomato, Applesauce Cup and Ranch Dressing	Sweet & Sour Chicken, Brown Rice, Mixed Peppers, Pineapple Tidbits and Ranch Dressing	*Chicken Patty on a Bun, Oven Baked Fries, Ranch Dressing, Ketchup & Mayo	*Cheesy Garlic Parmesan Breadstick Bites, Marinara Sauce, Mixed Greens, Diced Peaches and Ranch
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #2	*Hot Dog on a Bun, Baked Beans, Cheez-it's, Apple, Ranch & BBQ sauce	ans, Cheez-it's, Apple, Rings, Green Peas,		*Penne Pasta, Garlic Toast, Baby Carrots, Diced Peaches and Ranch	*Chicken & Waffles, Syrup Cup, Hash Brow, Cinnamon Applesauce and Ranch
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #3	*Chicken Tenders, Potato Puffs, Apple Slices, Ranch & BBQ sauce	*Grilled Cheese & Tomato Soup, Green Peas, Mandarin Oranges and Ranch	* Italian Stromboli, Mixed Greens, Marinara Cup, Mixed Fruit Cup and Ranch	*Chicken Pot Pie, Buttermilk Biscuit, Broccoli, Pear and Ranch	*Pizza Rolls, Tossed Spin- ach Salad, Strawberry Banana, Applesauce Cup and Ranch
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #4	*Chicken & Cheese Quesadilla, Spanish Rice, Tossed Salad, Mild Salsa and Ranch	*Mini Beef Ravioli, Dinner Roll, Mixed Peppers, Apple Slices and Ranch	*Cheese Bosco Sticks, Mixed Greens, Marinara Cup, Sliced Peaches and Ranch	*Soft Shell Taco Stick, Refried Beans, Cherry Tomatoes, Mild Salsa, Orange Smiles and Ranch	*Mini Pancakes, Sausage Patty, Hash Brown, Sidekick Slushy and Syrup Cup

Jenna Vekaryasz—Food Service Supervisor 734.9164 / jenna.vekaryasz@rcashurons.org

DAILY SNACK PROVIDED