

HEAD START MENU

ROGERS CITY AREA SCHOOLS

BREAKFAST

MONDAY

*Breakfast Pizza
String Cheese
Cinnamon Applesauce

TUESDAY

Blueberry Muffin
Yogurt
Fresh Pears

WEDNESDAY

*French Toast
Scrambled Eggs
Orange Smiles

THURSDAY

*Mini Pancakes
Apple Slices
Sausage Patties

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK #1	*Pepperoni Pizza Tossed Salad, Cucumber Slices, Diced Pears and Ranch Dressing	*Pulled Pork Sandwich Funyunys, Lettuce & Tomato, Cinnamon Applesauce and Ranch Dressing	Sweet & Sour Chicken *Brown Rice, Mixed Peppers, Pineapple Tidbits and Ranch Dressing	*Chicken Patty Oven Baked Fries, Broccoli, Diced Peaches, Ranch Dressing, Ketchup & Mayo
WEEK #2	Hot Dog on a *Bun Baked Beans, Cheez-It's, Apple, Ranch Dressing, Ketchup & Mustard	*Cheeseburger/Hamburger *Onion Rings, Green Peas, Orange Smiles, Ketchup, Mustard & Mayo	*Cheese Pizza Tossed Spinach Salad, Cucumber Slices, Pineapple and Ranch Dressing	*Penne Pasta w/ Meat Sauce *Garlic Toast, Baby Carrots, Diced Peaches & Ranch Dressing
WEEK #3	*Chicken Tenders Potato Puffs, Lettuce & Tomatoes, Mixed Fruit, Ranch Dressing, Ketchup & Mayo	*Grilled Cheese & Tomato Soup Cauliflower, Mandarin Oranges & Ranch Dressing	*Italian Stromboli Mixed Greens, baby Carrots, Mixed Fruit & Ranch Dressing	Chicken Pot Pie *Buttermilk Biscuits, Broccoli, Applesauce Cup and Ranch Dressing
WEEK #4	*Chicken & Cheese Quesadilla Spanish Rice, Tossed Salad, Mild Salsa, Diced Pears and Ranch Dressing	*Mini Beef Ravioli *Dinner Roll, Mixed Peppers, Cinnamon Apple Slices & Ranch Dressing	*Cheese Bosco Sticks Mixed Greens, Marinara Cup, Diced Peaches and Ranch Dressing	*Soft Shell Taco Stick Refried Beans, Cherry Tomatoes, Mild Salsa, Orange Smiles and Ranch Dressing

Jenna Vekaryasz—Food Service Supervisor

734.9164

jenna.vekaryasz@rcashurons.org

- * = **Whole Grain**
- **All Meals include 1% White Milk**

September

Week	M	T	W	T
#1		7	8	9
#2	13	14	15	16
#3	20	21	22	23
#4	27	28	29	30

October

Week	M	T	W	T
#1	4	5	6	7
#2	11	12	13	14
#3	18	19	20	21
#4	25	26	27	28

November

Week	M	T	W	T
#1	1	2	3	4
#2	8	9	10	11
#3	15	16	17	18
#4	22	23	24	25
#1	29	30		

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
WEEK #1	*Cereal Kit with Apple Juice *Pepperoni Pizza, Tossed Salad, Cucumber Slices, Diced Peaches and Ranch Dressing	*French Toast, Graham Crackers, Yogurt, Pineapple Cup *Pulled Pork Sandwich, Funyuns, Lettuce & Tomato, Applesauce Cup and Ranch Dressing	*Banana Bread, String Cheese and Apple *Sweet & Sour Chicken, Brown Rice, Mixed Peppers, Pineapple Tidbits and Ranch Dressing	*Cinnamon Muffin, Cheese Cubes and Diced Peaches *Chicken Patty on a Bun, Oven Baked Fries, Ranch Dressing, Ketchup & Mayo	*Lucky Charms, Yogurt and Mandarin Oranges *Cheesy Garlic Parmesan Breadstick Bites, Marinara Sauce, Mixed Greens, Diced Peaches and Ranch
WEEK #2	*Blueberry Muffin, String Cheese and Craisins *Hot Dog on a Bun, Baked Beans, Cheez-it's, Apple, Ranch & BBQ sauce	*Fruit Loops, Yogurt and Watermelon Applesauce Cup *Cheeseburger, Onion Rings, Green Peas, Orange Smiles, Ranch, Ketchup, Mustard & Mayo	*French Toast Bites, Cheese Cubes and Diced Peaches Cheese Pizza, Spinach Salad, Cucumber Slices, Pineapple Tidbits and Ranch	*Oatmeal Bar, String Cheese and Mixed Fruit Cup *Penne Pasta, Garlic Toast, Baby Carrots, Diced Peaches and Ranch	*Cereal Kit and Apple Juice *Chicken & Waffles, Syrup Cup, Hash Brown, Cinnamon Applesauce and Ranch
WEEK #3	*Cookie & Cream Granola Bar, Cheese Cubes and Mixed Fruit Cup *Chicken Tenders, Potato Puffs, Apple Slices, Ranch & BBQ sauce	*Strawberry Nutri-grain bar, Yogurt, and Mixed berry Applesauce Cup *Grilled Cheese & Tomato Soup, Green Peas, Mandarin Oranges and Ranch	*Chocolate Muffin, String Cheese and Diced Peaches * Italian Stromboli, Mixed Greens, Marinara Cup, Mixed Fruit Cup and Ranch	*Frosted Flakes, Cheese Cubes and Raisins *Chicken Pot Pie, Buttermilk Biscuit, Broccoli, Pear and Ranch	*Golden Graham Cereal Bar, Oranges and Yogurt *Pizza Rolls, Tossed Spinach Salad, Strawberry Banana Applesauce Cup and Ranch
WEEK #4	*Cereal Kit and Apple Juice *Chicken & Cheese Quesadilla, Spanish Rice, Tossed Salad, Mild Salsa and Ranch	*Cinnamon Bun Stick, String Cheese and Pear *Mini Beef Ravioli, Dinner Roll, Mixed Peppers, Apple Slices and Ranch	*Nature Valley S'more Bites, Yogurt and Craisins *Cheese Bosco Sticks, Mixed Greens, Marinara Cup, Sliced Peaches and Ranch	*Strawberry Poptart, Cheese Cubes and Diced Peaches *Soft Shell Taco Stick, Refried Beans, Cherry Tomato's, Mild Salsa, Orange Smiles and Ranch	*Cocoa Bread, String Cheese and Applesauce Cup *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

September

Week	M	T	W	T	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	M	T	W	T	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

November

Weeks	M	T	W	T	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			

HIGH SCHOOL MENU

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

Menu is subject to change without notice.

ROGERS CITY AREA SCHOOLS

BREAKFAST

MONDAY

Choice of: **Parfait**, *Breakfast Pizza, Cereal, Cherry or Apple Frudel, Yogurt, String Cheese, Cinnamon Applesauce, Orange and Juice.

TUESDAY

Choice of: **Iced Coffee**, *Muffins, Breakfast Tornados, Cereal, String Cheese, Yogurt, Fresh Fruit and Juice.

WEDNESDAY

Choice of: **Chicken & Waffles**, Cereal Bar, Benefit Bar, String Cheese, Yogurt, Mixed Fruit Cups and Juice.

THURSDAY

Choice of: **Smoothie**, Nature Velly Bar, Chocolate Chip Oatmeal Bar, Egg Scrambles, String Cheese, Banana, Pear and Juice.

FRIDAY

Choice of: **Fresh Fruit Friday**, Cheese Cubes, Assorted Granola Bars, Pancake on a Stick, Diced Peaches, Fresh Fruit and Juice.

- * = **Whole Grain**
 - Every meals comes with CHOICE OF MILK**
- Salad bar, al-a-cart & smart snacks available daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	*Pepperoni Pizza, Tossed Salad, Cucumber Slices, Diced Pears, Fresh Fruit and Ranch Dressing	*Pulled Pork Sandwich, *Funyuns, Lettuce & Tomato, Applesauce, Bananas, and Ranch Dressing	Sweet & Sour Chicken, *Brown Rice, Mixed Peppers, Pineapple Tidbits, Apples, and Ranch Dressing	*Southern Style Chicken Sandwich, Oven Baked Fries, Peaches, Fresh Fruit and Ranch Dressing	*Cheesy Breadstick Bites, Marinara Cup, Mixed Greens, Diced Pears, Apple and Ranch Dressing
WEEK #2	Chili Cheese Dogs, Baked Beans, Cheez-it's, Pears, Strawberry Applesauce Cup and Ranch Dressing	HURON BURGER *Onion Rings, Mixed Fruit Cup, Apples, Ranch, Mustard, Mayo and Ketchup	*Cheese Pizza, Tossed Spinach Salad, Cucumber Slices, Applesauce, Fresh Pears and Ranch Dressing	Penne Pasta w/ Meat Sauce, *Garlic Toast, Baby Carrots, Sliced Peaches, Fresh Pears and Ranch Dressing	*Grilled Chicken Cordon Bleu Sandwich, Fresh Broccoli & Cauliflower, Fresh Fruit and Ranch Dressing
WEEK #3	*Chicken Tenders, Potato Puffs, Applesauce, Fresh Fruit, Ranch Dressing & BBQ sauce	*Grilled Cheese & Tomato Soup, Green Peas, Cauliflower, Mandarin Oranges, Apples and Ranch Dressing	*Italian Stromboli, Mixed Greens, Baby Carrots, Mixed Fruit Cup, Oranges and Ranch Dressing	Chicken Pot Pie, *Buttermilk Biscuit, Broccoli, Applesauce, Pear and Ranch Dressing	Taco Chili, *Cheese Doritos, Mixed Peppers, Fresh Fruit and Ranch Dressing
WEEK #4	*Chicken & Cheese Quesadilla, *Spanish Rice, Mandarin Oranges, Tossed Salad, Mild Salsa and Ranch Dressing	*3 Cheese Ravioli served with red or white Sauce, *Dinner Roll, Broccoli, Mixed Peppers, Apple Slices, Banana and Ranch	*Bosco Sticks, Mixed Greens, Marinara Cup, Fresh Fruit, Applesauce and Ranch Dressing	*Taco Lasagna Bake, Lettuce, Tomato, Sour Cream, Mixed Berry Cup, Diced Pears and Ranch Dressing	*Supreme Pizza, Spinach Salad, Carrot Sticks, Pineapple Tidbits, Fresh Fruit and Ranch Dressing

FREE REIMBURSABLE BREAKFAST & LUNCH SERVED DAILY

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

September

Week	M	T	W	T	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	M	T	W	T	F
#1	4	5	6	7	8
#2	11	12	13	14	15
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#4	25	26	27	28	29

November

Weeks	M	T	W	T	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			

ST. IGNATIUS SCHOOL LUNCH MENU

September

Week	M	T	W	T	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	M	T	W	T	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

November

Weeks	M	T	W	T	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			

* = Whole Grain
Salad Bar Available

Menu is subject to change
without notice.

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*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
	*Hot Dog on a Bun, Baked Beans, Cheez-it's, Apple, Ranch & BBQ sauce	*Cheeseburger, Onion Rings, Green Peas, Orange Smiles, Ranch, Ketchup, Mustard & Mayo	Cheese Pizza, Spinach Salad, Cucumber Slices, Pineapple Tidbits and Ranch	*Penne Pasta, Garlic Toast, Baby Carrots, Diced Peaches and Ranch	*Chicken & Waffles, Syrup Cup, Hash Brown, Cinnamon Applesauce and Ranch
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*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	
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*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

DAILY SNACK PROVIDED

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