

HEAD START MENU

ROGERS CITY AREA SCHOOLS

BREAKFAST

MONDAY

- *Breakfast Pizza
- Cinnamon Applesauce

TUESDAY

- *Mini Pancakes
- Egg Patty
- Fresh Pear

WEDNESDAY

- *Blueberry Chex Cereal,
- String Cheese
- Diced Peaches

THURSDAY

- *Apple Frudel
- Yogurt
- Fresh Apple

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK #1	*Penne Pasta w/ Meat Sauce, Breadstick, Mixed Greens, Pineapple Tidbits, Ranch Dressing	*Corn Dog, Green Beans, Orange Smiles, Ketchup, Mustard, Ranch Dressing	*Cheese Quesadilla, Mixed Greens, Salsa Cup, Diced Pears, Ranch Dressing	*Grilled Chicken Sandwich, Apple Slices, Fresh Broccoli, Mayo, Ranch Dressing
WEEK #2	*Macaroni and Cheese, Dinner Roll, Carrot Coins, Diced Peaches, Ranch Dressing	*Hamburger/Cheeseburger, Oven Baked Fries, Mixed Fruit, Ketchup, Mustard Ranch Dressing	*Pepperoni Pizza, Mixed Greens, Diced Strawberries, Ranch Dressing	*Chicken Drumsick, Mashed Potatoes, Corn, Applesauce Cup, Ranch Dressing
WEEK #3	*Chicken Patty, Potato Wedges, Cherry Tomatoes, Diced Pears, Ranch Dressing	*Cheese Bosco Sticks, Mixed Greens, Marinara Sauce, Banana, Ranch Dressing	*Scalloped Potatoes w/ Ham, Dinner Roll, Mixed Fruit, Ranch Dressing	*BBQ Rib Sandwich, Funyuns, Baby Carrots, Cinnamon Applesauce, Ranch Dressing
WEEK #4	*Chicken Pot Pie, Biscuit, Green Beans, Pineapple Tidbits, Ranch Dressing	*Taco Bites, Mixed Peppers, Salsa Cup, Cinnamon Apple Slices, Ranch Dressing	*Teriyaki Dippers, Brown Rice, Steam Broccoli, Mandarin Oranges, Ranch Dressing	*Grilled Cheese and Tomato Soup, Diced Peaches, 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		5	6	7
#2	11	12	13	14
#3	18	19	20	21
#4	25	26	27	28

October

Week	M	T	W	T
#1	2	3	4	5
#2	9	10	11	12
#3	16	17	18	19
#4	23	24	25	26
#1	30	31		

November

Week	M	T	W	T
#1			1	2
#2	6	7	8	9
#3	13	14	15	16
#4	20	21	22	23
#1	27	28	29	30

Menu is subject to change without notice.

FREE!!!

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 *Penne Pasta w/ Meat Sauce, Breadstick, Mixed Greens, Pineapple Tidbits, Ranch Dressing	*Mini Powdered Donuts, Yogurt, Pineapple Cup *Corn Dog, Green Beans, Orange Smiles, Ketchup, Mustard	*Banana Bread, String Cheese and Apple *Cheese Quesadilla, Mixed Greens, Salsa Cup, Sour Cream, Diced Pears, Ranch Dressing	*Cinnamon Muffin, Cheese Cubes and Diced Pears *Grilled Chicken Sandwich, Apple Slices, Fresh Broccoli, Mayo, Ranch Dressing	*Lucky Charms, Yogurt and Mandarin Oranges *Mini Pancakes, Sausage Links, Hash Brown, Banana, Syrup Cup
WEEK #2	*Blueberry Glazed Donut Holes, String Cheese and Craisins *Macaroni and Cheese, Dinner Roll, Carrot Coins, Diced Peaches	*Fudge Poptart, Yogurt and Watermelon Applesauce Cup *Hamburger/Cheeseburger, Oven Bakes Fires, Mixed Fruit Cup, Ketchup, Mustard, Mayo	*Butterscotch Bar, Cheese Cubes and Diced Pears *Pepperoni Pizza, Mixed Greens, Diced Strawberries, Ranch Dressing	*Oatmeal Bar, String Cheese and Mixed Fruit Cup *Chicken Drumstick, Mashed Potatoes, Sweet Corn, Applesauce Cup	*Cereal Kit and Apple Juice *Breakfast Pizza, Yogurt Cup, Cinnamon Apple Slices
WEEK #3	*Apple Cinnamon Nutrigrain Bar Cheese Cubes and Mixed Fruit Cup *Chicken Patty, Potato Wedges, Cherry Tomatoes, Diced Pears, Ranch Dressing	*Vanilla Graham Crackers, Yogurt, and Mixed berry Applesauce Cup *Cheese Bosco Sticks, Mixed Greens, Marinara Cup, Banana, Ranch Dressing	*Chocolate Muffin, String Cheese and Diced Peaches *Scalloped Potatoes w/ Ham, Dinner Roll, Mixed Fruit Cup	*Frosted Flakes, Cheese Cubes and Raisins *BBQ Rib Sandwich, Funyuns, Baby Carrots, Watermelon Applesauce Cup, Ranch Dressing	*Golden Graham Cereal Bar, Oranges and Yogurt *French Toast, Scrambled Eggs, Hash Brown, Syrup Cup, Apple
WEEK #4	*Cereal Kit and Apple Juice *Chicken Pot Pie, Buttermilk Biscuit, Green Beans, Pineapple Tidbits,	*Cinnamon Bun Stick, String Cheese and Pear *Taco Bites, Mixed Peppers, Salsa Cup, Sour Cream, Orange Smiles, Ranch Dressing	*Cinnamon Graham Cracker Bites, Yogurt and Craisins *Teriyaki Dippers, Brown Rice, Steamed Broccoli, Mandarin Oranges,	*Strawberry Poptart, Cheese Cubes and Diced Peaches *Grilled Cheese and Tomato Soup, Cauliflower Bites, Diced Peaches, Ranch Dressing	*Mini Donuts, String Cheese and Applesauce Cup *Waffles, Sausage Patty, Hash Brown, Syrup Cup, Fresh Pear

- * = **Whole Grain**
- Fresh vegetables served 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—\$2.89
Adult Lunch—\$4.92

September

Week	M	T	W	T	F
#1		5	6	7	8
#2	11	12	13	14	15
#3	18	19	20	21	22
#4	25	26	27	28	29

October

Week	M	T	W	T	F
#1	2	3	4	5	6
#2	9	10	11	12	13
#3	16	17	18	19	20
#4	23	24	25	26	27
#1	30	31			

November

Weeks	M	T	W	T	F
#1			1	2	3
#2	6	7	8	9	10
#3	13	14	15	16	17
#4	20	21	22	23	24
#1	27	28	29	30	

FREE!!!

HIGH SCHOOL MENU

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

*Fresh Fruit and Vegetables Served Daily **Menu is subject to change without notice.

ROGERS CITY AREA SCHOOLS

BREAKFAST

MONDAY

Choice of: * Assorted Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit and Juice.

TUESDAY

Choice of: Mini Breakfast Bitse, Pop-tart, String Cheese, Yogurt, Fresh Fruit and Juice.

WEDNESDAY

Choice of: Mini Pancakes, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups and Juice.

THURSDAY

Choice of: Cheese Omelet, Butter Toast, Granola Bar, String Cheese, Yogurt, Banana, Pear and Juice.

FRIDAY

Choice of: Breakfast Tornadoes, Cinnamon Roll, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice.

* = Whole Grain,

Every meals comes with CHOICE OF MILK, & Smart Snacks available daily

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Penne Pasta w/ Meat Sauce. Salad Bar, Fresh Fruit	*Corn Dog, Green Beans, Fresh Fruit, Ketchup and Mustard	*Chicken or Cheese Quesadilla, Salsa Cup, Sour Cream, Shredded Lettuce, Diced Pears	*Buffalo Chicken Sandwich, Tomato Slices, Mixed Greens, Grapes	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Macaroni and Cheese, Hawaiian Dinner Roll, Salad Bar, Apple Slices	*Cheeseburger (topped with 1000 Island Dressing, Sliced Tomatoes, Shredded Lettuce), Oven Baked Fries	*Mozzarella Sticks, Fresh Broccoli, Marinara Sauce, Orange Smiles	* Chicken Drumstick, Mashed Potatoes, Sweet Corn, Fresh Fruit	**Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Club Sandwich, Goldfish Crackers, Lettuce and Tomatoes, Mayo, Mandarin Oranges	*Pizza or Cheese Bosco Sticks, Marina Cups, Salad Bar, Fresh Fruit	*Scalloped Potatoes and Ham, Dinner Roll, Fresh Fruit	*White Bean Chicken Chili, Doritos, Salad Bar, Fresh Fruit	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Chicken Pot Pie, Buttermilk Biscuit, Green Beans, Mandarin Oranges	*Taco Bites, Mixed Peppers, Salsa Cup, Sour Cream, Shredded Lettuce, Apple Slices	*Teriyaki Dippers, Brown Rice, Steamed Broccoli, Pineapple	*Grilled Cheese and Tomato Soup, Salad Bar, Fresh Fruit	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit

Served Daily: * Cheeseburger, *Hamburger, Regular Chicken Patty, Spicy Chicken Patties, Grab & Go meals (wraps/parfaits/sandwiches/subs), and Salad Bar.

Milk Only.....	\$.50
Al-a-Cart.....	prices vary
Smart Snacks.....	prices vary
Adult Breakfast.....	\$2.89
Adult Lunch.....	\$4.92

September

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#1		5	6	7	8
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October

Week	M	T	W	T	F
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#2	9	10	11	12	13
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November

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#1			1	2	3
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#3	13	14	15	16	17
#4	20	21	22	23	24
#1	27	28	29	30	

ST. IGNATIUS SCHOOL LUNCH MENU

September

Week	M	T	W	T	F
#1		5	6	7	8
#2	11	12	13	14	15
#3	18	19	20	21	22
#4	25	26	27	28	29

October

Week	M	T	W	T	F
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November

Weeks	M	T	W	T	F
#1			1	2	3
#2	6	7	8	9	10
#3	13	14	15	16	17
#4	20	21	22	23	24
#1	27	28	29	30	

LUNCH SERVED DAILY

Milk Only— \$.50
 Student Lunch—\$2.99
 Reduced Lunch- \$.40
 Adult Lunch—\$4.92

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Penne Pasta w/ Meat Sauce, Breadstick, Mixed Greens, Pineapple Tidbits, Ranch Dressing	*Corn Dog, Green Beans, Orange Smiles, Ketchup, Mustard	*Cheese Quesadilla, Mixed Greens, Salsa Cup, Sour Cream, Diced Pears, Ranch Dressing	*Grilled Chicken Sandwich, Apple Slices, Fresh Broccoli, Mayo, Ranch Dressing	*Mini Pancakes, Sausage Links, Hash Brown, Banana, Syrup Cup
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Macaroni and Cheese, Dinner Roll, Carrot Coins, Diced Peaches	Hamburger/Cheeseburger, Oven Bakes Fires, Mixed Fruit Cup, Ketchup, Mustard, Mayo	*Pepperoni Pizza, Mixed Greens, Diced Strawberries, Ranch Dressing	*Chicken Drumstick, Mashed Potatoes, Sweet Corn, Applesauce Cup	*Breakfast Pizza, Hash Brown Bits Yogurt Cup, Cinnamon Apple Slices
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Chicken Patty, Potato Wedges, Cherry Tomatoes, Diced Pears, Ranch Dressing	*Cheese Bosco Sticks, Mixed Greens, Marinara Cup, Banana, Ranch Dressing	*Scalloped Potatoes w/ Ham, Dinner Roll, Mixed Fruit Cup	*BBQ Rib Sandwich, Funyuns, Baby Carrots, Watermelon Applesauce Cup, Ranch Dressing	*French Toast, Scrambled Eggs, Hash Brown, Syrup Cup, Apple
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Chicken Pot Pie, Buttermilk Biscuit, Green Beans, Pineapple Tidbits,	*Taco Bites, Mixed Peppers, Salsa Cup, Sour Cream, Orange Smiles, Ranch Dressing	*Teriyaki Dippers, Brown Rice, Steamed Broccoli, Mandarin Oranges	*Grilled Cheese and Tomato Soup, Cauliflower Bites, Diced Peaches, Ranch Dressing	*Waffles, Sausage Patty, Hash Brown, Syrup Cup, Fresh Pear

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 Salad Bar Available