

# HEAD START MENU

Jenna Vekaryasz, Food Service Supervisor - 734.9164 - jenna.vekaryasz@rcashurons.org

## ROGERS CITY AREA SCHOOLS

### BREAKFAST

#### MONDAY

\*Breakfast Pizza  
Cinnamon Applesauce

#### TUESDAY

\*Breakfast Sandwich  
(Sausage, Egg, Cheese, Muffin)  
Fresh Pear

#### WEDNESDAY

\*Dutch Waffle  
Sausage Links  
Diced Peaches

#### THURSDAY

\*Apple Frudel  
Yogurt  
Fresh Apple



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK #1	*Hamburger/Cheeseburger, Oven Baked Fries, Carrot Sticks, Diced Pears, Ketchup, Mustard, Ranch Dressing	*Macaroni and Cheese, Garlic Breadstick, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	*Popcorn Chicken Bowl Mashed Potato, Gravy, Corn, Biscuit, Grapes, Ranch Dressing	*Homemade Pizza Lunchable (Pita Bread, Marinara Sauce, Mozzarella Cheese) Cucumber Slices, Diced Peaches, Ranch Dressing
WEEK #2	*Cheese Bosco Sticks, Marinara Cup, Mixed Greens, Orange Smiles, Ranch Dressing	*Chicken Drumstick, Rice Pilaf, Green Beans, Mixed Fruit, Ranch Dressing	*Beef Vegetable Soup, Dinner Roll, Mixed Vegetables, Pineapple Tidbits, Ranch Dressing	*Turkey & Gravy, Mashed Potatoes, Biscuit, Diced Peaches, Ranch Dressing
WEEK #3	*Pepperoni Pizza, Mixed Greens, Watermelon Applesauce, Ranch Dressing	*Chicken Nuggets, Buttered Noodles, Cucumber Slices, Mandarin Oranges, BBQ Sauce, Ranch Dressing	* Scalloped Potatoes and Ham, Dinner Roll, Apple Slices, Ranch Dressing	*Chicken Noodle Soup, Crackers, String Cheese, Mixed Peppers, Diced Pears, Ranch Dressing
WEEK #4	*Cheese Pizza, Mixed Greens, Blue Raspberry Applesauce Cup, Ranch Dressing	*Grilled Cheese & Tomato Soup, Cinnamon Apple Slices, Ranch Dressing	*Taco Chili, Doritos, Mixed Peppers, Mandarin Oranges, Ranch Dressing	*Goulash, Garlic Bread, Cherry Tomatoes, Mixed Fruit Cup, Ranch Dressing

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

Menu is subject to change without notice.

#### September

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

#### October

Week	M	T	W	T
#1	3	4	5	6
#2	10	11	12	13
#3	17	18	19	20
#4	24	25	26	26
#1	31			

#### November

Week	M	T	W	T
#1		1	2	3
#2	7	8	9	10
#3	14	15	16	17
#4	21	22	23	24
#1	28	29	30	

# 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 *Hamburger/Cheeseburger, Oven Baked Fries, Carrot Sticks, Diced Pears, Ketchup, Mustard, Ranch Dressing	*French Toast, Graham Crackers, Yogurt, Pineapple Cup *Macaroni and Cheese, Garlic Breadstick, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	*Banana Bread, String Cheese and Apple *Popcorn Chicken Bowl, Mashed Potato, Gravy, Corn, Biscuit, Grapes, Ranch Dressing	*Cinnamon Muffin, Cheese Cubes and Diced Pears *Homemade Pizza Lunchable (Pita Bread, Marinara Sauce, Mozzarella Cheese) Cucumber Slices, Diced Peaches, Ranch Dressing	*Lucky Charms, Yogurt and Mandarin Oranges *Mini Pancakes, Sausage Links, Hash Brown, Syrup Cup, Banana
WEEK #2	*Blueberry Muffin, String Cheese and Craisins *Cheese Bosco Sticks, Marinara Cup, Mixed Greens, Orange Smiles, Ranch Dressing	*Fruit Loops, Yogurt and Watermelon Applesauce Cup *Chicken Drumstick, Rice Pilaf, Green Beans, Mixed Fruit, Ranch Dressing	*French Toast Bites, Cheese Cubes and Diced Pears *Beef Vegetable Soup, Dinner Roll, Mixed Vegetables, Pineapple Tidbits, Ranch Dressing	*Oatmeal Bar, String Cheese and Mixed Fruit Cup *Turkey & Gravy, Mashed Potatoes, Biscuit, Diced Peaches, Ranch Dressing	*Cereal Kit and Apple Juice *Soft Pretzel Cheese Cup, Baby Carrots, Apple, Ranch Dressing
WEEK #3	*Cookie & Cream Granola Bar, Cheese Cubes and Mixed Fruit Cup *Pepperoni Pizza, Mixed Greens, Watermelon Applesauce, Ranch Dressing	*Strawberry Nutrigrain bar, Yogurt, and Mixed berry Applesauce Cup *Chicken Nuggets, Buttered Noodles, Cucumber Slices, Mandarin Oranges, BBQ Sauce, Ranch Dressing	*Chocolate Muffin, String Cheese and Diced Peaches *Scalloped Potatoes and Ham, Dinner Roll, Apple Slices, Ranch Dressing	*Frosted Flakes, Cheese Cubes and Raisins *Chicken Noodle Soup, Crackers, String Cheese, Mixed Peppers, Diced Pears, Ranch Dressing	*Golden Graham Cereal Bar, Oranges and Yogurt *French Toast, Scrambled Eggs, Hash Brown, Syrup Cup, Banana
WEEK #4	*Cereal Kit and Apple Juice *Cheese Pizza, Mixed Greens, Blue Raspberry Applesauce Cup, Ranch Dressing	*Cinnamon Bun Stick, String Cheese and Pear *Grilled Cheese & Tomato Soup, Cinnamon Apple Slices, Ranch Dressing	*Nature Valley S'more Bites, Yogurt and Craisins *Taco Chili, Doritos, Mixed Peppers, Mandarin Oranges, Ranch Dressing	*Strawberry Poptart, Cheese Cubes and Diced Peaches *Goulash, Garlic Bread, Cherry Tomatoes, Mixed Fruit Cup, Ranch Dressing	*Cocoa Bread, String Cheese and Applesauce Cup *Dutch Waffle, Sausage Patty, Hash Brown, Syrup Cup, Pineapple Tidbits

- \* = **Whole Grain**
- Fresh vegetables served daily
- All meals are served with a **CHOICE OF MILK.**

Menu is subject to change without notice.

**FREE BREAKFAST & LUNCH SERVED DAILY**

Milk Only—\$.50  
Adult Breakfast—\$2.76  
Adult Lunch—\$5.11

**September**

Week	M	T	W	T	F
#1		6	7	8	9
#2	12	13	14	15	16
#3	19	20	21	22	23
#4	26	27	28	29	30

**October**

Week	M	T	W	T	F
#1	3	4	5	6	7
#2	10	11	12	13	14
#3	17	18	19	20	21
#4	24	25	26	27	28
#1	31				

**November**

Week	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	21	22	23	24	25
#1	28	29	30		

# HIGH SCHOOL MENU

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

Every lunch includes the Fresh Fruit and Vegetables Bar and a Choice of Milk.

Al-a-Cart & Smart Snack available daily.

Menu is subject to change without notice.

\*Cheeseburger, Hamburger, Regular or Spicy Chicken Patties served Daily

\* A full grab and go lunch available daily (Salads, Subs, Parfaits, Grape & Cheese)

## BREAKFAST

### MONDAY

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

### TUESDAY

Choice of: **Flavored Coffee**, Breakfast Sandwich, Cereal Poptart, String Cheese, Yogurt, Fresh Fruit and Juice.

### WEDNESDAY

Choice of: **Belgium Waffles**, Dutch Waffles, Sausage Links, Cereal, Poptart String Cheese, Yogurt, Mixed Fruit Cups and Juice.

### THURSDAY

Choice of: **Smoothie**, Scrambled Eggs w/ Toast, Bagel w/ Cream Cheese, Cereal, Poptart String Cheese, Banana, Pear and Juice.

### FRIDAY

Choice of: **Frosted Donut**, Sausage Biscuit & Gravy, Cereal, Poptart, Diced Peaches, Fresh Fruit and Juice.

\* = Whole Grain

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK #1</b>	<b>*Pasta Bar</b> Alfredo, Meat Sauce Assorted Pasta, Grilled Chicken, Garlic Bread, Steamed Broccoli & Apple	<b>*Popcorn Chicken Bowl</b> Mashed Potato, Gravy, Corn, Whole Grain Dinner Roll & Pineapple Tidbits	<b>*Grilled Turkey, Bacon &amp; Swiss on a Pretzel Bun</b> Served w/ goldfish crackers, Cherry Tomatoes, Grapes, Mustard & Mayo	<b>*Pizza Bar</b> Pepperoni, Cheese, Buffalo Chicken, Supreme, BBQ Chicken Pizza, Mixed Greens & Diced Peaches	<b>*Chicken Cordon Bleu Sandwich</b> Crispy Chicken, Ham, Swiss Cheese Honey Mustard, Sweet Potato Puffs & Mandarin Oranges
<b>WEEK #2</b>	<b>*Chili Cheese Fries</b> Oven Baked Fries, Chili, Cheese Sauce, Chocolate Chip Cookie & Orange Smiles	<b>*Taco Bar</b> Nachos, Tacos (Hard or Soft) Walking Taco, Mixed Peppers, Salsa, Sour Cream & Cinnamon Apple Slices	<b>*Soup &amp; Sandwich</b> Grilled Cheese or Grilled Ham and Cheese & Tomato Soup & Mixed Fruit	<b>*Turkey &amp; Gravy</b> Mashed Potatoes, Green Beans, Honey Butter Biscuit & Diced Pears	<b>*Pretzel Bar</b> Pizza Stuffed, Cream Cheese, Regular or Jalapeño Cheddar Pretzel, Mixed Greens & Banana
<b>WEEK #3</b>	<b>*Southwest Chicken Sandwich</b> Grilled Chicken, Chicken Dippin' Sauce, Sliced Pickles, Lettuce and Tomato & Applesauce	<b>*Chicken Bar w/ French Fries</b> Chicken Nuggets, Chicken Stripes, Chicken Fries or Spicy Chicken Nuggets & Diced Peaches	<b>*Scalloped Potatoes and Ham</b> Dinner Roll, Apple Slices,	<b>*Stir Fry Bar</b> Chicken or Beef Stir Fry, Sweet and Sour Chicken, Orange Chicken, Mixed Veggies, Brown Rice & Pineapple Tidbits	<b>*Italian Breaded Mozzarella Sticks</b> Mixed Greens, Diced Pears, Ranch Dressing & Marinara Sauce
<b>WEEK #4</b>	<b>*Taco Chili</b> Served w/ Doritos, Shredded Cheese & Sour Cream, Mixed Peppers & Grapes	<b>*Cheesy Pull-Aparts</b> Italian Cheese and Garlic or Southwest Queso, Spinach Salad & Orange Smiles	<b>*Baked Potato Bar</b> Cheese Sauce, Chili, Steamed Broccoli, Diced Chicken, Dinner Roll & Mixed Fruit	<b>*Homemade Goulash</b> Served w/ Italian Garlic Cheese Bread, Cherry Tomatoes & Cinnamon Applesauce	<b>*Pizza Bar</b> Pepperoni, Cheese, Buffalo Chicken, Supreme, BBQ Chicken Pizza, Mixed Greens & Diced Peaches

Student Breakfast..... \$1.90

Breakfast Reduced..\$ .30

Breakfast Adult.....\$2.76

Student Lunch..... \$2.76

Lunch Reduced.....\$ .40

Lunch Adult.....\$5.11

Milk Only..... \$ .50

Al-a-Cart & Smart Snacks - Price Varies

### September

Week	M	T	W	T	F
#1		6	7	8	9
#2	12	13	14	15	16
#3	19	20	21	22	23
#4	26	27	28	29	30

### October

Week	M	T	W	T	F
#1	3	4	5	6	7
#2	10	11	12	13	14
#3	17	18	19	20	21
#4	24	25	26	27	28
#1	31				

### November

Weeks	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	21	22	23	24	25
#1	28	29	30		

# ST. IGNATIUS SCHOOL LUNCH MENU

## September

Week	M	T	W	T	F
#1		6	7	8	9
#2	12	13	14	15	16
#3	19	20	21	22	23
#4	26	27	28	29	30

## October

Week	M	T	W	T	F
#1	3	4	5	6	7
#2	10	11	12	13	14
#3	17	18	19	20	21
#4	24	25	26	27	28
#1	31				

## November

Weeks	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	21	22	23	24	25
#1	28	29	30		

Student Lunch..... \$2.76  
 Lunch Reduced.....\$ .40  
 Lunch Adult.....\$5.11  
 Milk Only..... \$ .50

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Hamburger/Cheeseburger Oven Baked Fries, Carrot Sticks, Diced Pears, Ketchup, Mustard, Ranch Dressing	*Macaroni and Cheese Garlic Breadstick, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	*Popcorn Chicken Bowl Mashed Potato, Gravy, Corn, Biscuit, Grapes, Ranch Dressing	*Homemade Pizza Luncha- ble (Pita Bread, Marinara Sauce, Mozzarella Cheese) Cucumber Slices, Diced Peaches, Ranch Dressing	*Mini Pancakes, Sausage Links, Hash Brown, Syrup Cup, Banana
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Cheese Bosco Sticks Marinara Cup, Mixed Greens, Orange Smiles, Ranch Dressing	*Chicken Drumstick Rice Pilaf, Green Beans, Mixed Fruit, Ranch Dressing	*Beef Vegetable Soup Dinner Roll, Mixed Vegeta- bles, Pineapple Tidbits, Ranch Dressing	*Turkey & Gravy Mashed Potatoes, Biscuit, Diced Peaches, Ranch Dressing	*Soft Pretzel Cheese Cup, Baby Carrots, Apple, Ranch Dressing
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Pepperoni Pizza Mixed Greens, Watermelon Applesauce, Ranch Dressing	*Chicken Nuggets Buttered Noodles, Cu- cumber Slices, Mandarin Oranges, BBQ Sauce, Ranch Dressing	* Scalloped Potatoes and Ham, Dinner Roll, Apple Slices, Ranch Dressing	*Chicken Noodle Soup, Crackers, String Cheese, Mixed Peppers, Diced Pears, Ranch Dressing	French Toast, Scrambled Eggs, Hash Brown, Syrup Cup, Banana
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Cheese Pizza Mixed Greens, Blue Rasp- berry Applesauce Cup, Ranch Dressing	*Grilled Cheese & Tomato Soup, Cinnamon Apple Slices, Ranch Dressing	*Taco Chili Doritos, Mixed Peppers, Mandarin Oranges, Ranch Dressing	*Goulash Garlic Bread, Cherry Tomatoes, Mixed Fruit Cup, Ranch Dressing	*Dutch Waffle Sausage Patty, Hash Brown, Syrup Cup, Pineapple Tidbits

Menu is subject to change without notice.

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

\* = Whole Grain  
**Salad Bar Available Daily**

# ST. IGNATIUS PRESCHOOL LUNCH MENU

Jenna Vekaryasz,  
Food Service Supervisor  
989.734.9164  
jenna.vekaryasz@rcashurons.org

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	*Hamburger/Cheeseburger, Oven Baked Fries, Carrot Sticks, Diced Pears, Ketchup, Mustard, Ranch Dressing	*Macaroni and Cheese, Garlic Breadstick, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	*Popcorn Chicken Bowl Mashed Potato, Gravy, Corn, Biscuit, Grapes, Ranch Dressing	*Homemade Pizza Lunchable (Pita Bread, Marinara Sauce, Mozzarella Cheese) Cucumber Slices, Diced Peaches, Ranch Dressing	*Mini Pancakes, Sausage Links, Hash Brown, Syrup Cup Banana
WEEK #2	*Cheese Bosco Sticks, Marinara Cup, Mixed Greens, Orange Smiles, Ranch Dressing	*Chicken Drumstick, Rice Pilaf, Green Beans, Mixed Fruit, Ranch Dressing	*Beef Vegetable Soup, Dinner Roll, Mixed Vegetables, Pineapple Tidbits, Ranch Dressing	*Turkey & Gravy, Mashed Potatoes, Biscuit, Diced Peaches, Ranch Dressing	*Soft Pretzel, Cheese Cup, Baby Carrots, Apple, Ranch Dressing
WEEK #3	*Pepperoni Pizza, Mixed Greens, Watermelon Applesauce, Ranch Dressing	* Chicken Nuggets, Buttered Noodles, Cucumber Slices, Mandarin Oranges, BBQ Sauce, Ranch Dressing	* Scalloped Potatoes and Ham, Dinner Roll, Apple Slices, Ranch Dressing	*Chicken Noodle Soup, Crackers, String Cheese, Mixed Peppers, Diced Pears, Ranch Dressing	French Toast, Scrambled Eggs, Hash Brown, Syrup Cup, Banana
WEEK #4	*Cheese Pizza, Mixed Greens, Blue Raspberry Applesauce Cup, Ranch Dressing	*Grilled Cheese & Tomato Soup, Cinnamon Apple Slices, Ranch Dressing	*Taco Chili, Doritos, Mixed Peppers, Mandarin Oranges, Ranch Dressing	*Goulash, Garlic Bread, Cherry Tomatoes, Mixed Fruit Cup, Ranch Dressing	*Dutch Waffle, Sausage Patty, Hash Brown, Syrup Cup, Pineapple Tidbits

Student Lunch..... \$2.76  
Lunch Reduced.. \$ .40  
Lunch Adult..... \$5.11  
Milk Only..... \$ .50

Menu is subject to change without notice.

## September

Week	M	T	W	T
#1		6	7	8
#2	12	13	14	15
#3	19	20	21	22
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## October

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#4	24	25	26	26
#1	31			

## November

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#2	7	8	9	10
#3	14	15	16	17
#4	21	22	23	24
#1	28	29	30	