

HEAD START MENU

ROGERS CITY
AREA SCHOOLS

BREAKFAST

MONDAY

*Breakfast Pizza
Cinnamon Applesauce

TUESDAY

*Mini Pancakes
Egg Patty
Fresh Pear

WEDNESDAY

*Bagel w/ Cream Cheese
Sausage Patty
Diced Peaches

THURSDAY

*Apple Frudel
Yogurt
Fresh Apple

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK #1	*Sloppy Joe on a Bun, Cheez-it's, Green Beans, Diced Pears, Ranch Dressing	*Taco Pizza, Shredded Lettuce, Salsa Cup, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	*Turkey and Swiss Sub, Sun Chips, Cherry Tomatoes, Orange Smiles, Mustard and Mayo, Ranch Dressing	*Soft Pretzel, Cheese Cup, Baby Carrots, Diced Peaches, Ranch Dressing
WEEK #2	*Pizza Bosco, Marinara Cup, Mixed Greens, Applesauce, Ranch Dressing	*BBQ Chicken Drumstick, Red Skin Potatoes, Dinner Roll, Mixed Fruit, Ranch Dressing	*Grilled Chicken Sandwich, Pretzel, Mixed Peppers, Cinnamon Apple Slices, Mayo, Ranch Dressing	*Macaroni and Cheese, Garlic Bread, Cucumber Slices, Banana, Ranch Dressing
WEEK #3	*Deep Dish Pizza, Mixed Greens, Mandarin Oranges, Ranch Cup	*Nacho Supreme, Salsa Cup, Mixed Peppers, Diced Peaches, Ranch Dressing	* Cheese Burger Sliders, Potatoes Wedges, Fresh Broccoli, Ketchup and Mustard, Ranch Dressing	*Boneless Chicken Bites, Funyuns, Sweet Corn, Pineapple Tidbits, BBQ Sauce, Ranch Cup
WEEK #4	*Ravioli, Bread Stick, Mixed Peppers, Diced Pears, Ranch Dressing	*Polish Dog, Baked Beans, Goldfish Crackers, Pineapple Tidbits, Ketchup, and Mustard, Ranch Dressing	*Garlic Cheese Bread Bites, Marinara Sauce, Mixed Greens Banana, Ranch Dressing	*Pulled Pork Sandwich, Baked Cheetos, Baby Carrots Mixed Fruit Cup, Ranch Dressing

Jenna Vekaryasz—Food Service Supervisor

734.9164

jenna.vekaryasz@rcashurons.org

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

March

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

April

Week	M	T	W	T
#1	3	4	5	6
#2	10	11	12	13
#3	17	18	19	20
#4	24	25	26	27

May

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		30	31	

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 *Sloppy Joe on a Bun, Cheez-it's, Green Beans, Diced Pears, Ranch Dressing	*Mini Powdered Donuts, Yogurt, Pineapple Cup *Taco Pizza, Shredded Lettuce, Salsa Cup, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	*Banana Bread, String Cheese and Apple *Turkey and Swiss Sub, Sun Chips, Cherry Tomatoes, Orange Smiles, Mustard and Mayo, Ranch Dressing	*Cinnamon Muffin, Cheese Cubes and Diced Pears *Soft Pretzel, Cheese Cup, Baby Carrots, Diced Peaches, Ranch Dressing	*Lucky Charms, Yogurt and Mandarin Oranges *Mini Pancakes, Sausage Links, Hash Brown, Syrup Cup, Banana
WEEK #2	*Blueberry Glazed Donut Holes, String Cheese and Craisins *Pizza Bosco, Marinara Cup, Mixed Greens, Applesauce, Ranch Dressing	*Fudge Poptart, Yogurt and Watermelon Applesauce Cup *BBQ Chicken Drumstick, Red Skin Potatoes, Dinner Roll, Mixed Fruit, Ranch Dressing	*Butterscotch Bar, Cheese Cubes and Diced Pears *Grilled Chicken Sandwich, Pretzel, Mixed Peppers, Apple Slices, Mayo, Ranch Dressing	*Oatmeal Bar, String Cheese and Mixed Fruit Cup *Macaroni and Cheese, Garlic Bread, Cucumber Slices, Banana, Ranch Dressing	*Cereal Kit and Apple Juice *Fish and Chips (Breaded Pollack, Oven Baked Fries) Tartar Sauce, Fresh Broccoli, Apple, Ranch Dressing
WEEK #3	*Apple Cinnamon Nutrigrain Bar Cheese Cubes and Mixed Fruit Cup *Deep Dish Pizza, Mixed Greens, Mandarin Oranges, Ranch Cup	*Vanilla Graham Crackers, Yogurt, and Mixed berry Applesauce Cup *Nacho Supreme, Salsa Cup, Mixed Peppers, Diced Peaches, Ranch Dressing	*Chocolate Muffin, String Cheese and Diced Peaches *Cheese Burger Sliders, Potatoes Wedges, Fresh Broccoli, Ketchup and Mustard, Ranch Dressing	*Frosted Flakes, Cheese Cubes and Raisins *Boneless Chicken Bites, Funyuns, Sweet Corn, Pineapple Tidbits, BBQ Sauce, Ranch Cup	*Golden Graham Cereal Bar, Oranges and Yogurt *French Toast, Scrambled Eggs, Hash Brown, Syrup Cup, Banana
WEEK #4	*Cereal Kit and Apple Juice *Ravioli, Bread Stick, Mixed Peppers, Diced Pears, Ranch Dressing	*Cinnamon Bun Stick, String Cheese and Pear *Polish Dog, Baked Beans, Goldfish Crackers, Pineapple Tidbits, Ketchup, Mustard, Ranch Dressing	*Cinnamon Graham Cracker Bites, Yogurt and Craisins *Garlic Cheese Bread Bites, Marinara Sauce, Mixed Greens Banana, Ranch Dressing	*Strawberry Poptart, Cheese Cubes and Diced Peaches *Pulled Pork Sandwich, Baked Cheetos, Baby Carrots Mixed Fruit Cup, Ranch Dressing	*Mini Donuts, String Cheese and Applesauce Cup *3 Cheese Pizza, Mixed Greens, Strawberry Cup, Ranch Dressing

- * = **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—\$2.50
Adult Lunch—\$5.11

	March				
Week	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

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

	May				
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		30	31		

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: **Breakfast Bowl Served with a Biscuit**, 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: Western Style **Scrambled Eggs**, Butter Toast, Granola Bar, String Cheese, Yogurt, Banana, Pear and Juice.

FRIDAY

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	*Sloppy Joe on a Bun, Cheez-it's, Green Beans, Diced Pears, Assorted Salad Dressings	*Taco Pizza, Shredded Lettuce, Salsa Cup, Fresh Broccoli, Cinnamon Apple Slices, Assorted Salad Dressings	*Honey Siracha Chicken Wings, Seasoned Curly Fries, Orange Smiles Assorted Salad Dressings	*Soft Pretzel, Cheese Cup, Baby Carrots, Diced Peaches, Assorted Salad Dressings	*Three Cheese Grilled Cheese on Garlic Bread, Sun Chips, Mixed Greens, Grapes, Assorted Salad Dressings
WEEK #2	*Italian Burger (Sliced Provolone, Mixed Peppers, Marinara Sauce)-, Tartar Tots, Fresh Fruit, Assorted Salad Dressings	*BBQ Chicken Drumstick, Red Skin Potatoes, Dinner Roll, Mixed Fruit, Assorted Salad Dressings	*Chicken Parmesan (Served over Pasta) Mixed Greens, Pineapple Tidbits, Assorted Salad Dressings	* White Cheddar Mac and Cheese, Dinner Roll, Baby Carrots, Banana, Assorted Salad Dressings	*Fish and Chips (Breaded Pollack, Oven Baked Fries) Tartar Sauce, Fresh Broccoli, Apple, Assorted Salad Dressings
WEEK #3	*Supreme Deep Dish Pizza, Mixed Greens, Sliced Watermelon, Assorted Salad Dressings	*Nacho Supreme, Salsa Cup, Sour Cream Mixed Peppers, Diced Peaches, Assorted Salad Dressings	*Cheeseburger (topped with 1000 Island Dressing, Sliced Tomatoes, Shredded Lettuce), Curly Fries, Assorted Salad Dressings	*Garlic Parmesan Boneless Chicken Bites, Potato Wedges, Sweet Corn, Pineapple Tidbits, Assorted Salad Dressings	*Tuna Melt on Wheat Bread, Lettuce, Tomato, Coleslaw, Fresh Fruit, Assorted Salad Dressings
WEEK #4	*Ravioli tossed in Marinara Sauce, Garlic Bread Stick, Romaine Lettuce, Diced Pears, Assorted Salad Dressings	*Polish Dog, Baked Beans, Goldfish Crackers, Pineapple Tidbits, Ketchup, and Mustard, Assorted Salad Dressings	*Spicy Chicken Sliders, Lettuce, Tomato, Oven Baked Fries, Fresh Fruit, Assorted Salad Dressings	*Pulled Pork Sandwich, Baked Cheetos, Baby Carrots Mixed Fruit Cup, Assorted Salad Dressings	*3 Cheese Pizza, Mixed Greens, Strawberry Cup, Assorted Salad Dressings

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

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

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

March

Week	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

April

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

May

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		30	31		

ST. IGNATIUS SCHOOL LUNCH MENU

March

Week	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

April

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

May

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		30	31		

* = Whole Grain
Salad Bar Available

Menu is subject to change
without notice.

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Sloppy Joe on a Bun, Cheez-it's, Green Beans, Diced Pears, Ranch Dressing	*Taco Pizza, Shredded Lettuce, Salsa Cup, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	*Turkey and Swiss Sub, Sun Chips, Cherry Tomatoes, Orange Smiles, Mustard and Mayo, Ranch Dressing	*Soft Pretzel, Cheese Cup, Baby Carrots, Diced Peaches, Ranch Dressing	*Mini Pancakes, Scrambled Eggs, Hash Brown, Syrup Cup, Banana
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Pizza Bosco, Marinara Cup, Mixed Greens, Applesauce, Ranch Dressing	*BBQ Chicken Drumstick, Red Skin Potatoes, Dinner Roll, Mixed Fruit, Ranch Dressing	*Grilled Chicken Sandwich, Pretzel, Mixed Peppers, Apple Slices, Mayo, Ranch Dressing	*Macaroni and Cheese, Garlic Bread, Cucumber Slices, Banana, Ranch Dressing	*Fish and Chips (Breaded Pollack, Oven Baked Fries) Tartar Sauce, Fresh Broccoli, Apple, Ranch Dressing
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Deep Dish Pizza, Mixed Greens, Mandarin Oranges, Ranch Dressing	*Nacho Supreme, Salsa Cup, Mixed Peppers, Diced Peaches, Ranch Dressing	* Cheese Burger Sliders, Potatoes Wedges, Fresh Broccoli, Ketchup and Mustard, Ranch Dressing	*Boneless Chicken Bites, Funyuns, Sweet Corn, Pineapple Tidbits, BBQ Sauce, Ranch Dressing	French Toast, Egg Patty, Hash Brown, Syrup Cup, Apple Slices
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Ravioli, Bread Stick, Mixed Peppers, Diced Pears, Ranch Dressing	*Polish Dog, Baked Beans, Goldfish Crackers, Pineapple Tidbits, Ketchup, and Mustard, Ranch Dressing	*Garlic Cheese Bread Bites, Marinara Sauce, Mixed Greens, Banana, Ranch Dressing	*Pulled Pork Sandwich, Baked Cheetos, Baby Carrots, Mixed Fruit Cup, Ranch Dressing	*3 Cheese Pizza, Mixed Greens, Strawberry Cup, Ranch Dressing