

**Menu is subject to change without Notice.**

# HEAD START MENU

Lettuce and Fresh Vegetables served daily

## ROGERS CITY AREA SCHOOLS

### Breakfast Menu

**Monday**  
\*Breakfast Pizza  
Apple

**Tuesday**  
\*Scrambled Eggs  
Butter Toast  
Mixed Fruit

**Wednesday**  
\*French Toast Sticks  
Sausage Links  
Diced Peaches

**Thursday**  
\*Cereal  
Yogurt  
Fresh Apple

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

<b>WEEK #1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
	*Chicken Fried Rice, Green Peas, Diced Pears and Ranch Dressing	*Ham and Cheese Croissant, Pretzels, Lettuce and Tomato, Mandarin Oranges, Mustard & Mayo, Ranch Dressing	*Hard Shell Taco, Shredded Lettuce, Salsa Cup, Pineapple Tidbits and Ranch Dressing	* Pizza Crunchers, Mixed Greens, Strawberry Cup and Ranch Dressing
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
	*Polish Dog, Baked Beans, Strawberry Cup, Ketchup, Mustard and Ranch Dressing	*Taco Bites, Cherry Tomatoes, Salsa Cup, Mixed Fruit and Ranch Dressing	*BBQ Chicken Sandwich, Cheez—its, Apple, Baby Carrots and Ranch Dressing	*Hamburger Sliders, Oven Baked Fries, Pear and Ranch Dressing
<b>WEEK #3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
	*Mini Corn Dogs, Cheese Puffs, Cauliflower, Watermelon Applesauce and Ranch Dressing	*Chicken Tenders, Onion Rings, Cucumber Slices, Pineapple Tidbits, BBQ Sauce and Ranch Dressing	Hamburger/ Cheeseburger, Baked Lays Potato Chip, Ketchup, Mustard, Mayo, Diced Peaches and Ranch Dressing	*Teriyaki Dippers w/ Brown Rice, Fresh Broccoli, Apple Slices and Ranch Dressing
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
	*Chicken & Cheese Crisпитos, Mexican Rice, Refried Beans, Salsa Cup, Apple and Ranch Dressing	*Hot Dog on a Bun, Baked Cheetos, Green Peas, Orange Smiles, Ketchup, Mustard and Ranch Dressing	*Turkey and Cheese Wrap, Goldfish Crackers, Lettuce, Tomato, Mixed Fruit, Mustard, Mayo and Ranch Dressing	*BBQ Chicken Drumstick, Sweet Corn, Dinner Roll, Diced Pears and Ranch Dressing

If you have any questions or concerns, contact:

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

Adult Prices:  
Breakfast: \$2.76  
Lunch: \$5.11

**March 2022**

Weeks	M	T	W	T
#1		1	2	3
#2	7	8	9	10
#3	14	15	16	17
#4	<b>SPRING BREAK!</b>			
#1	28	29	30	31

**April 2022**

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

**May 2022**

Weeks	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		31		

# ROGERS CITY ELEMENTARY SCHOOL MENU

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

**Menu is subject to change without Notice.**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>WEEK #1</b>	*Cereal Kit with Apple Juice  *Chicken Fried Rice, Soy Sauce Green Peas, Diced Pears and Ranch Dressing	*French Toast, Graham Crackers, Yogurt, Pineapple Cup  *Ham and Cheese Croissant, Pretzels, Lettuce and Tomato, Mandarin Oranges, Mustard & Mayo, Ranch	*Banana Bread, String Cheese and Apple  *Hard Shell Taco, Shredded Lettuce, Salsa Cup, Pineapple Tidbits and Ranch Dressing	*Cinnamon Muffin, Cheese Cubes and Diced Pears  *Pizza Crunchers, Mixed Greens, Strawberry Cup and Ranch Dressing	*Lucky Charms, Yogurt and Mandarin Oranges  *Fish & Chips (Oven Bake Breaded Pollack, Baked Lays Potato Chip) Tartar Sauce, Diced Peaches
<b>WEEK #2</b>	*Blueberry Muffin, String Cheese and Rasins  *Polish Dog, Baked Beans, Strawberry Cup, Ketchup, Mustard and Ranch Dressing	*Fruit Loops, Yogurt and Watermelon Applesauce Cup  *Taco Bites, Cherry Tomatoes, Salsa Cup, Mixed Fruit and Ranch Dressing	*French Toast Bites, Cheese Cubes and Diced Pears  *BBQ Chicken Sandwich, Cheez—its, Apple, Baby Carrots and Ranch Dressing	*Oatmeal Bar, String Cheese and Mixed Fruit Cup  *Hamburger Sliders, Oven Baked Fries, Pear, Ketchup, Mustard and Ranch Dressing	*Cereal Kit and Apple Juice  *French Toast Sticks, Sausage Patty, Hash Brown, Syrup Cup, Fresh Fruit
<b>WEEK #3</b>	*Cookie & Cream Granola Bar, Cheese Cubes and Mixed Fruit Cup  *Mini Corn Dogs, Cheese Puffs, Green Beans, Watermelon Applesauce and Ranch Dressing	*Strawberry Nutrigrain bar, Yogurt, and Mixed Berry Applesauce Cup  *Chicken Tenders, Onion Rings, Cucumber Slices, Pineapple Tidbits, BBQ Sauce and Ranch Dressing	*Chocolate Muffin, String Cheese and Peaches  *Hamburger/ Cheeseburger, Baked Lays Potato Chip, Ketchup, Mustard, Mayo, Diced Peaches and Ranch Dressing	*Frosted Flakes, Cheese Cubes and Raisins  *Teriyaki Dippers w/ Brown Rice, Fresh Broccoli, Apple Slices and Ranch Dressing	*Golden Graham Cereal Bar, Oranges and Yogurt  *Cheese Pizza, Mixed Greens, Fresh Fruit and Ranch Dressing
<b>WEEK #4</b>	*Cereal Kit and Apple Juice  *Chicken & Cheese Crisпитos, Mexican Rice, Refried Beans, Salsa Cup, Apple and Ranch Dressing	*Cinnamon Bun Stick, String Cheese and Pear  *Hot Dog on a Bun, Baked Cheetos, Green Peas, Orange Smiles, Ketchup, Mustard and Ranch Dressing	*Nature Valley S'more Bites, Yogurt and Raisins  *Turkey and Cheese Wrap, Goldfish Crackers, Lettuce, Tomato, Mixed Fruit, Mustard, Mayo and Ranch Dressing	*Strawberry Poptart, Cheese Cubes and Diced Peaches  *BBQ Chicken Drumstick, Sweet Corn, Dinner Roll, Diced Pears and Ranch Dressing	*Cocoa Bread, String Cheese and Applesauce Cup  *Cinnamon Roll, Sausage Links, Hash Brown, Applesauce Cup, Syrup Cup

FREE reimbursable Breakfast and Lunch Served Daily. There are charges for the following:

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

March 2022

Week	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	<b>SPRING BREAK!</b>				
#1	28	29	30	31	1

April 2022

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

May 2022

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		31			

**\* = Whole Grain**

All meals are served with a choice of milk.

# ROGERS CITY HIGH SCHOOL MENU

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

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## ROGERS CITY AREA SCHOOLS

### BREAKFAST

#### MONDAY

Choice of: **Parfait**, \*Breakfast Pizza, Cereal, \*Assorted Poptarts, Yogurt, String Cheese, Cinnamon Applesauce, Orange and Juice.

#### TUESDAY

Choice of: **Latte** \*Sausage, Egg Muffin, Sausage & Cheese Biscuit \*Cinnamon Roll, String Cheese, Yogurt, Fresh Fruit and Juice.

#### WEDNESDAY

Choice of: \***Breakfast Tornado**, French Toast Sticks, Sausage Links, String Cheese, Yogurt, Mixed Fruit Cups and Juice.

#### THURSDAY

Choice of: **Smoothie**, Cheese Omelet with \*Toast, \*Blueberry Bagel with Cream Cheese, String Cheese, Banana, Pear and Juice.

#### FRIDAY

Choice of: **Frosted Cream Stick** \*Sausage Biscuit & Gravy, Cereal, Diced Peaches, Fresh Fruit and Juice.

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

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

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Chicken Fried Rice, Celery Sticks, Diced Pears, Soy Sauce and Ranch Dressing	*Ham and Cheese Croissant, Pretzels, Lettuce and Tomato, Mandarin Oranges, Mustard & Mayo, Ranch Dressing	*Hard Shell Taco, Shredded Lettuce, Salsa Cup, Sour Cream, Pineapple Tidbits and Ranch Dressing	*Pepperoni Pizza Crunchers, Mixed Greens, Strawberry Cup and Ranch Dressing	*Fish & Chips (Oven Bake Breaded Pollack, Baked Lays Potato Chip) Tartar Sauce, Diced Peaches and Ranch Dressing
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Polish Dog, Baked Beans, Strawberry Cup, Ketchup, Mustard and Ranch Dressing	Taco Bites, Cherry Tomatoes, Salsa Cup, Sour Cream, Mixed Fruit and Ranch Dressing	*BBQ Chicken Sandwich, Coleslaw, Cheez—its, Apple, Baby Carrots and Ranch Dressing	*BBQ Bacon Cheeseburger, Oven Baked Fries, Lettuce, Tomato, Fresh Fruit, Ketchup, Mustard,	*Crispy Chicken Club Sandwich, Funyuns, Cauliflower, Mayo, Ranch Dressing
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Mini Corn Dogs, Cheese Puffs, Green Beans, Watermelon Applesauce and Ranch Dressing	*Chicken Tenders, Onion Rings, Cucumber Slices, Pineapple Tidbits, BBQ Sauce and Ranch Dressing	*Mushroom Swiss Burger, Baked Lays Potato Chip, Ketchup, Mustard, Mayo, Diced Peaches and Ranch Dressing	*Teriyaki Dippers w/ Brown Rice, Fresh Broccoli, Apple Slices and Ranch Dressing	* 3 Cheese Pizza, Mixed Greens, Mixed Peppers Fresh Fruit and Ranch Dressing
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Chicken & Cheese Crisпитos, Mexican Rice, Refried Beans, , Salsa Cup, Apple and Ranch Dressing	*Hot Dog on a Bun, Baked Cheetos, Green Peas, Orange Smiles, Ketchup, Mustard and Ranch Dressing	*Turkey and Cheese Wrap, Goldfish Crackers, Lettuce, Tomato, Mixed Fruit, Mustard, Mayo and Ranch Dressing	*BBQ Chicken Drumstick, Sweet Corn, Dinner Roll, Diced Pears and Ranch Dressing	*Italian Breaded Mozzarella Sticks, Marinara Sauce, Spinach Salad, Fresh Fruit and Ranch Dressing

March 2022

Week	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	SPRING BREAK!				
#1	27	29	30	31	1

April 2022

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

May 2022

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		31			

**FREE REIMBURSABLE BREAKFAST & LUNCH SERVED DAILY**

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

Al-A-Cart & Smart Snack Prices Vary.

# ST. IGNATIUS SCHOOL LUNCH MENU

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

Menu is Subject to Change Without Notice.

## March 2022

Week	M	T	W	T	F
#1		1	2	3	4
#2	7	8	9	10	11
#3	14	15	16	17	18
#4	<b>SPRING BREAK!</b>				
#1	28	29	30	31	1

## April 2022

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

## May 2022

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		31			

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Chicken Fried Rice, Soy Sauce Green Peas, Diced Pears and Ranch Dressing	*Ham and Cheese Croissant, Pretzels, Lettuce and Tomato, Mandarin Oranges, Mustard & Mayo, Ranch Dressing	*Hard Shell Taco, Shredded Lettuce, Salsa Cup, Pineapple Tidbits and Ranch Dressing	*Pizza Crunchers, Mixed Greens, Strawberry Cup and Ranch Dressing	*Fish & Chips (Oven Bake Breaded Pollack, Baked Lays Potato Chip) Tartar Sauce, Diced Peaches
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Polish Dog, Baked Beans, Strawberry Cup, Ketchup, Mustard and Ranch Dressing	*Taco Bites, Cherry Tomatoes, Salsa Cup, Mixed Fruit and Ranch Dressing	*BBQ Chicken Sandwich, Cheez—its, Apple, Baby Carrots and Ranch Dressing	*Hamburger Sliders, Oven Baked Fries, Pear, Ketchup, Mustard and Ranch Dressing	*French Toast Sticks, Sausage Patty, Hash Brown, Syrup Cup, Fresh Fruit
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Mini Corn Dogs, Cheese Puffs, Green Beans, Watermelon Applesauce and Ranch Dressing	*Chicken Tenders, Onion Rings, Cucumber Slices, Pineapple Tidbits, BBQ Sauce and Ranch Dressing	*Hamburger/ Cheeseburger, Baked Lays Potato Chip, Ketchup, Mustard, Mayo, Diced Peaches and Ranch Dressing	*Teriyaki Dippers w/ Brown Rice, Fresh Broccoli, Apple Slices and Ranch Dressing	*Cheese Pizza, Mixed Greens, Fresh Fruit and Ranch Dressing
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Chicken & Cheese Crisпитos, Mexican Rice, Refried Beans, , Salsa Cup, Apple and Ranch Dressing	*Hot Dog on a Bun, Baked Cheetos, Green Peas, Orange Smiles, Ketchup, Mustard and Ranch Dressing	*Turkey and Cheese Wrap, Goldfish Crackers, Lettuce, Tomato, Mixed Fruit, Mustard, Mayo and Ranch Dressing	*BBQ Chicken Drumstick, Sweet Corn, Dinner Roll, Diced Pears and Ranch Dressing	*Cinnamon Roll, Sausage Links, Hash Brown, Applesauce Cup, Syrup Cup

A **FREE** reimbursable morning Snack and Lunch are provided to every student daily. There are charges for the following:

\* = Denotes Whole Grain Items  
Salad Bar Available

Milk Only: \$.50  
Seconds: Price varies by item  
Adult Snack: \$2.00  
Adult Lunch: \$5.11