

HEAD START MENU

Menu is subject to change without Notice.

ROGERS CITY AREA SCHOOLS

Breakfast Menu

Monday

*Cherry Frudel
String Cheese
Cinnamon Applesauce

Tuesday

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

Wednesday

*Waffle
Sausage Links
Diced Peaches

Thursday

*Bagel with Cream Cheese
Yogurt
Fresh Apple

* = Whole Grain

All Meals include 1% White Milk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK #1	*Sloppy Joe on a Bun, Baked Cheetos, Carrot Sticks, Diced Pears and Ranch Dressing	*Macaroni & Cheese, Garlic Breadstick, Fresh Broccoli, Cinnamon Apple Slices and Ranch Dressing	*Walking Taco, Lettuce, Salsa Cup, Mixed peppers, Pineapple Tidbits and Ranch Dressing	*Chicken & Dumplings, Dinner Roll, Celery Sticks, Strawberry Cup and Ranch Dressing
WEEK #2	*Pizza Bosco's, Marinara Cup, Mixed Greens, Orange Smiles and Ranch Dressing	*Chicken Drumstick, Rice Pilaf, Corn, Mixed Fruit and Ranch Dressing	*Nachos, Taco Meat, Cheese Cup, Mixed Peppers, Salsa, Apple and Ranch Dressing	*Chicken Noodle Soup, Crackers, String Cheese, Cauliflower, Pear and Ranch Dressing
WEEK #3	*Pepperoni Pizza, Mixed Greens, Watermelon Applesauce and Ranch Dressing	*Chicken Nuggets, Buttered Noodles, Cucumber Slices, Pineapple Tidbits, BBQ Sause and Ranch Dressing	*Scalloped Potatoes with Ham, Dinner Roll, Apple Slices and Ranch Dressing	Turkey & Gravy, Mashed Potatoes, Biscuit, Diced Peaches and Ranch Dressing
WEEK #4	*Homemade Lunchable (Crackers, Cheese Spread and Meat Stick), Baby Carrots, Apple and Ranch Dressing	*Cheese Pizza, Mixed Greens, Orange Smiles and Ranch Dressing	*Turkey and Cheese Sub, Goldfish Crackers, Lettuce, Tomato, Mixed Fruit, Mustard, Mayo and Ranch Dressing	*Chicken Alfredo, Garlic Bread, Broccoli, 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: \$2.61
Lunch: \$4.85

December 2021

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

January 2022

Weeks	M	T	W	T
#1	3	4	5	6
#2	10	11	12	13
#3	-	18	19	20
#4	24	25	26	27
#1	31			

February 2022

Weeks	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			

ROGERS CITY ELEMENTARY SCHOOL MENU

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

Menu is subject to change without Notice.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	*Cereal Kit with Apple Juice *Sloppy Joe on a Bun, Baked Cheetos, Carrot Sticks, Diced Pears and Ranch Dressing	*French Toast, Graham Crackers, Yogurt, Pineapple Cup *Macaroni & Cheese, Garlic Breadstick, Fresh Broccoli, Cinnamon Apple Slices and Ranch Dressing	*Banana Bread, String Cheese and Apple *Walking Tacos, Lettuce, Salsa, Mixed Peppers, Pineapple Tidbits and Ranch Dressing	*Cinnamon Muffin, Cheese Cubes and Diced Pears *Chicken & Dumplings, Dinner Roll, Celery Sticks, Strawberry Cup and Ranch Dressing	*Lucky Charms, Yogurt and Mandarin Oranges *Mini Pancakes, Sausage Links, Hash Brown, Syrup Cup and a Banana
WEEK #2	*Blueberry Muffin, String Cheese and Craisins *Pizza Bosco Sticks, Marinara Cup, Mixed Greens, Orange Smiles and Ranch Dressing	*Fruit Loops, Yogurt and Watermelon Applesauce Cup *Chicken Drumstick, Rice Pilaf, Corn, Mixed Fruit and Ranch Dressing	*French Toast Bites, Cheese Cubes and Diced Pears *Nachos (Taco Meat, Cheese Cup), Mixed Peppers, Salsa, Apple and Ranch Dressing	*Oatmeal Bar, String Cheese and Mixed Fruit Cup *Chicken Noodle Soup, Crackers, String Cheese, Cauliflower, Pear and Ranch Dressing	*Cereal Kit and Apple Juice *Soft Pretzel Sticks, Cheese Cup, Green Beans, Apple and Ranch Dressing
WEEK #3	*Cookie & Cream Granola Bar, Cheese Cubes and Mixed Fruit Cup *Pepperoni Pizza, Mixed Greens, Watermelon Applesauce and Ranch Dressing	*Strawberry Nutrigrain bar, Yogurt, and Mixed Berry Applesauce Cup *Chicken Nuggets, Buttered Noodles, Cucumber Slices, Pineapple Tidbits, BBQ Sauce and Ranch Dressing	*Chocolate Muffin, String Cheese and Peaches * Scalloped Potatoes and Ham, Dinner Roll, Apple Slices and Ranch Dressing	*Frosted Flakes, Cheese Cubes and Raisins *Turkey & Gravy, Mashed Potatoes, Biscuit, Diced Peaches and Ranch Dressing	*Golden Graham Cereal Bar, Oranges and Yogurt *French Toast, Sausage Patty, Hash Browns, Syrup Cup and a Banana
WEEK #4	*Cereal Kit and Apple Juice *Homemade Lunchable (Crackers, Cheese Spread, Meat Stick), Baby Carrots, Apple and Ranch Dressing	*Cinnamon Bun Stick, String Cheese and Pear *Cheese Pizzas, Mixed Greens, Orange Smiles and Ranch Dressing	*Nature Valley S'more Bites, Yogurt and Craisins *Turkey & Cheese Sub, Goldfish Crackers, Lettuce, Tomato, Mixed Fruit, Mustard, Mayo and Ranch Dressing	*Strawberry Poptart, Cheese Cubes and Diced Peaches *Chicken Alfredo, Garlic Bread, Broccoli, Diced Pears and Ranch Dressing	*Cocoa Bread, String Cheese and Applesauce Cup *Popcorn Chicken Bowl (Popcorn Chicken, Mashed Potatoes, Gravy, Corn) Grapes and Ranch Dressing

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

- Milk Only: \$.50
- Adult Breakfast: \$2.61
- Adult Lunch—\$4.85

December 2021

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		
Happy Holidays!!					

January 2022

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

February 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	21	22	23	24	25
#1	28				

*** = 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, *Cherry or Apple Frudel, Yogurt, String Cheese, Cinnamon Applesauce, Orange and Juice.

TUESDAY

Choice of: **Latte** *Breakfast Sandwich, *Cinnamon Roll, String Cheese, Yogurt, Fresh Fruit and Juice.

WEDNESDAY

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

THURSDAY

Choice of: **Smoothie**, Scrambled Eggs with *Toast, *Bagel with Cream Cheese, String Cheese, Banana, Pear and Juice.

FRIDAY

Choice of: **Frosted Donut**, *Sausage Biscuit & Gravy, Cereal, *Poptart, 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
	*Sloppy Joe on a Bun, Baked Cheetos, Carrot Sticks, Diced Pears and Ranch Dressing	*Macaroni & Cheese, Garlic Breadstick, Fresh Broccoli, Cinnamon Apple Slices and Ranch Dressing	*Walking Taco, Lettuce, Salsa, Mixed Peppers, Pineapple Tidbits and Ranch Dressing	*Chicken & Dumplings, Dinner Roll, Celery Sticks, Strawberry Cup and Ranch Dressing	*Stuffed Baked Potato with Bacon & Cheese, Sour Cream, Chocolate Chip Cookie, Banana and Ranch Dressing
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Swedish Meatballs, Brown Rice, Mixed Greens, Orange Smiles and Ranch Dressing	*Garlic Parmesan Chicken Drumstick, Rice Pilaf, Corn, Mixed Fruit and Ranch Dressing	*Nachos/Tacos (Taco Meat, Cheese Cup), Mixed Peppers, Salsa, Apple and Ranch Dressing	*White Bean Chicken Chili, Fritos, Cauliflower, Pear and Ranch Dressing	*Soft Pretzel Sticks, Cheese Cup, Green Beans, Apple and Ranch Dressing
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Pepperoni Pizza, Mixed Greens, Watermelon Applesauce and Ranch Dressing	*Chicken Nuggets, Buttered Noodles, Cucumber Slices, Pineapple Tidbits, BBQ Sauce and Ranch	*Scalloped Potatoes & Ham, Dinner Roll, Apple Slices and Ranch Dressing	*Turkey & Gravy, Mashed Potatoes, Biscuit, Diced Peaches and Ranch Dressing	*Chicken Taco, Shredded Lettuce, Salsa, Sour Cream, Fresh Fruit and Ranch Dressing
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Meatball Sub, Mixed Greens, Cinnamon Apple Slices and Ranch Dressing	*3 Cheese Pizzas, Mixed Greens, Orange Smiles and Ranch Dressing	*Turkey & Swiss on a Pretzel Bun, Lettuce, Tomato, Mixed Fruit, Mustard, Mayo and Ranch Dressing	*Chicken Alfredo, Garlic Bread, Broccoli, Diced Pears and Ranch Dressing	*Popcorn Chicken Bowl, Mashed Potatoes, Gravy, Corn Grapes and Ranch Dressing

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February 2022

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#4	21	22	23	24	25
#1	28				

FREE REIMBURSABLE BREAKFAST & LUNCH SERVED DAILY

Milk Only— \$.50
 Adult Breakfast—\$2.61
 Adult Lunch—\$4.85
 Al-A-Cart & Smart Snack
 Prices Vary.

ST. IGNATIUS SCHOOL LUNCH MENU

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

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#4	21	22	23	24	25
#1	28				

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Sloppy Joe on a Bun, Baked Cheetos, Carrot Sticks, Diced Pears and Ranch Dressing	*Macaroni & Cheese, Garlic Breadstick, Fresh Broccoli, Cinnamon Apple Slices and Ranch Dressing	*Walking Taco, Lettuce, Salsa, Mixed Peppers, Pineapple Tidbits and Ranch Dressing	*Chicken & Dumplings, Dinner Roll, Celery Sticks, Strawberry Cup and Ranch Dressing	*Mini Pancakes, Sausage Links, Hash Brown, Syrup Cup and a Banana
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Pizza Bosco Sticks, Marinara Cup, Mixed Greens, Orange Smiles and Ranch Dressing	*Chicken Drumstick, Rice Pilaf, Corn, Mixed Fruit and Ranch Dressing	*Nachos (Taco Meat, Cheese Cup), Mixed Peppers, Salsa, Apple and Ranch Dressing	*Chicken Noodle Soup, Crackers, String Cheese, Cauliflower, Pear and Ranch Dressing	*Soft Pretzel Sticks, Cheese Cup, Green Beans, Apple and Ranch Dressing
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Pepperoni Pizza, Mixed Greens, Watermelon Applesauce and Ranch Dressing	*Chicken Nuggets, Buttered Noodles, Cucumber Slices, Pineapple Tidbits, BBQ Sauce and Ranch	*Scalloped Potatoes & Ham, Dinner Roll, Apple Slices and Ranch Dressing	*Turkey & Gravy, Mashed Potatoes, Biscuit, Diced Peaches and Ranch Dressing	*French Toast, Sausage Patty, Hash Brown, Syrup Cup and a Banana
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Homemade Lunchable (Crackers, Cheese Spread, Meat Stick), Baby Carrots, Apple and Ranch Dressing	*Cheese Pizzas, Mixed Greens, Orange Smiles and Ranch Dressing	*Turkey & Cheese Sub, Lettuce, Goldfish Crackers, Tomato, Mixed Fruit, Mustard, Mayo and Ranch Dressing	*Chicken Alfredo, Garlic Bread, Broccoli, Diced Pears and Ranch Dressing	*Popcorn Chicken Bowl, (Popcorn Chicken, Mashed Potatoes, Gravy & Corn) Grapes and Ranch Dressing

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

Milk Only: \$.50
 Seconds: Price varies by item
 Adult Snack: \$2.00
 Adult Lunch—\$4.85

* = Denotes Whole Grain Items
 Salad Bar Available