

# HEAD START MENU

## ROGERS CITY AREA SCHOOLS

### BREAKFAST

#### MONDAY

\*French Toast Sticks  
Sausage Links  
Cinnamon Applesauce

#### TUESDAY

\*Blueberry Muffin  
Yogurt  
Fresh Pear

#### WEDNESDAY

\*Scrambled Eggs  
Butter Toast  
Diced Peaches

#### THURSDAY

\*Cinnamon Chex Cereal  
String Cheese  
Fresh Apple

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK #1	*Chicken Patty, Oven Baked Fries, Carrot Sticks, Diced Pears, Ketchup, Mustard, Ranch Dressing	*French Bread Pizza, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	*Spaghetti and Meat Balls, Garlic Bread, Pineapple Tidbits, Ranch Dressing	*Corn Dog, Baked Cheetos, Cauliflower, Diced Pears, Ranch Dressing
WEEK #2	*Ham and Cheese Calzone, Mixed Greens, Orange Smiles, Ranch Dressing	*Chicken Fries, Onion Rings, Green Peas, Mixed Fruit, Ranch Dressing	*Garlic Cheesy Pull Apart Bread, Marinara Cup, Banana, Ranch Dressing	*Cheese Quesadilla, Mixed Peppers, Salsa Cup, Fresh Pear, Ranch Dressing
WEEK #3	*Stuffed Crust Pizza, Baby Carrots, Watermelon Applesauce Cup, Ranch Dressing	*Soft Shell Taco, Shredded Lettuce, Salsa Cup, Mandarin Oranges, Ranch Dressing	*Chicken Alfredo, Steamed Broccoli, Dinner Roll, Apple Slices, Ranch Dressing	*Hot Dog on a Bun, Baked Beans, Cheez-its, Strawberry Cup, Ranch Dressing
WEEK #4	*Chicken and Cheese Crisptos, Tortilla Chips, Salsa Cup, Orange Smiles, Ranch Dressing	*Sweet and Sour Chicken, Brown Rice, Mixed Peppers, Pineapple Tidbits, Ranch Dressing	*Beef Tips and Gravy, Mashed Potatoes, Buttermilk Gravy, Strawberry Cup, Ranch Dressing	*Nachos and Cheese, Cherry Tomatoes, Mixed Fruit, Ranch Dressing

Jenna Vekaryasz—Food Service Supervisor

734.9164

jenna.vekaryasz@rcashurons.org

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

#### December

Week	M	T	W	T
#1				1
#2	5	6	7	8
#3	12	13	14	15
#4	19	20	21	

#### January

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

#### February

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

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 *Chicken Patty, Oven Baked Fries, Carrot Sticks, Diced Pears, Ketchup, Mustard, Ranch Dressing	*Cocoa Puffs, Yogurt, Pineapple Cup *French Bread Pizza, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	*Banana Bread, String Cheese and Apple *Spaghetti and Meat Balls, Garlic Bread, Grapes, Ranch Dressing	*Cinnamon Muffin, Cheese Cubes and Diced Pears *Corn Dogs, Baked Cheetos, Cucumber Slices, Diced Peaches, Ketchup, Mustard, Ranch Dressing	*Lucky Charms, Yogurt and Mandarin Oranges *Chocolate Chip French Toast, Fried Egg Patty, Hash Brown, Syrup Cup, Banana
WEEK #2	*Blueberry Muffin, String Cheese and Craisins *Ham and Cheese Calzone, Mixed Greens, Orange Smiles, Ranch Dressing	*Cocoa Krispy's, Yogurt and Watermelon Applesauce Cup **Chicken Fries, Onion Rings, Green Peas, Mandarin Oranges, BBQ Sauce, Ranch Dressing	*Chocolate Chip Granola Bar, Cheese Cubes and Diced Pears *Garlic Cheesy Pull Apart Bread, Marinara Cup, Pineapple Tidbits, Ranch Dressing	*Oatmeal Bar, String Cheese and Mixed Fruit Cup *Cheese Quesadilla, Mixed Peppers, Salsa Cup, Sour Cream, Diced Peaches, Ranch Dressing	*Cereal Kit and Apple Juice *Confetti Waffles, Sausage Patty, Hash Brown Bites, Apple, Syrup Cup
WEEK #3	*Honey and Oats Bar, Cheese Cubes and Mixed Fruit Cup *Stuffed Crust Pizza, Baby Carrots, Watermelon Applesauce, Ranch Dressing	*Raspberry Nutrigrain bar, Yogurt, and Mixed berry Applesauce Cup *Soft Shell Taco, Shredded Lettuce, Salsa Cup, Mandarin Oranges, Ranch Dressing	*Cinnamon Toast Crunch Bar, String Cheese and Diced Peaches *Chicken Alfredo, Steamed Broccoli, Dinner Roll, Apple Slices, Ranch Dressing	*Apple Jacks Cereal, Cheese Cubes and Raisins *Hot Dog on a Bun, Baked Beans Cheez-it's, Diced Pears, Ranch Dressing	*Trix Cereal Bar, Yogurt, Mandarin Oranges *Blueberry Waffle, Cheese Omelet, Hash Brown, Syrup Cup, Pear
WEEK #4	*Breakfast Kit and Apple Juice *Chicken and Cheese Crispos, Tortilla Chips, Salsa Cup, Cherry Tomatoes, Orange Smiles, Ranch Dressing	*Vanilla Goldfish Crackers, String Cheese and Pear *Sweet and Sour Chicken, Brown Rice, Mixed Peppers, Pineapple Tidbits, Ranch Dressing	*Strawberry Cherio Bar, Yogurt and Craisins *Beef Tips and Gravy, Green Beans, Buttermilk Biscuit, Strawberry Cup, Ranch Dressing	*Cinnamon Poptart, Cheese Cubes and Diced Peaches *Nachos and Cheese, Baby Carrots, Salsa Cup, Mixed Greens, Ranch Dressing	*Wild Berry Bread, String Cheese and Applesauce Cup *Cinnamon Glazed Pancakes, Sausage Link, Hash Brown Bites, Syrup Cup, Orange

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

Menu is subject to change without notice.

## PRICES:

**Student Breakfast— FREE**

**Student Lunch- FREE**

Milk Only— \$.50

Adult Breakfast—\$2.76

Adult Lunch—\$5.11

## December

Week	M	T	W	T	F
#1				1	2
#2	5	6	7	8	9
#3	12	13	14	15	16
#4	19	20	21	22	23

## January

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

## February

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

# 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 Muffins, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit and Juice.

#### TUESDAY

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

#### WEDNESDAY

Choice of: Sausage Cheese Biscuit, Cereal, Pop-tart String Cheese, Yogurt, Mixed Fruit Cups and Juice.

#### THURSDAY

Choice of: Cheese Omelet, Cinnamon Sugar Toast, Cereal, Pop-tart String Cheese, Banana, Pear and Juice.

#### FRIDAY

Choice of: Donut Hole Cup, Cereal, Pop-tart, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice.

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>*Crispy Chicken Club</b> Lettuce, Tomato, Oven Baked Fries, Fresh Fruit, Choice of Dressing	<b>*Deep Dish Pizza</b> Mixed Greens, Cinnamon Apple Slices, Choice of Dressing	<b>*Spaghetti and Meatballs</b> Garlic Bread, Grapes, Choice of Dressing	<b>*Corn Dogs</b> Baked Cheetos, Cucumber Slices, Fresh Fruit, Choice of Dressing	<b>*Bosco Sticks</b> Marinara Cup, Mixed Greens, Orange Smiles, Choice of Dressing
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>*Hot Ham and Cheese</b> Mixed Greens, Pineapple Tidbits, Choice of Dressing	<b>*Chicken Fries</b> Onion Rings, Green Peas, Mixed Fruit, Choice of Dressing	<b>*BBQ Bacon Cheeseburger</b> Lettuce, and Tomato, Fresh Fruit, Choice of Dressing	<b>*Cheese Quesadilla</b> Mixed Peppers, Salsa, Sour Cream, Banana, Choice of Dressing	<b>*Polish Dog</b> Gilled Peppers and Onions, Fresh Fruit, Choice of Dressing
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>*Stuffed Crust Pizzas</b> Mixed Greens, Applesauce, Choice of Dressing	<b>*Chili Cheese Fritos</b> Shredded Lettuce, Sour Cream, Mandarin Oranges, Choice of Dressing	<b>*Cajun Chicken Alfredo</b> Steamed Broccoli, Dinner Roll, Fresh Fruit, Choice of Dressing	<b>*Foot long Hot Dog</b> Baked Beans, Apple Slices, Choice of Dressing	<b>*Pulled Pork Sandwich</b> Lettuce and Tomato, Orange Smiles, Choice of Dressing
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>*Chicken and Cheese Crisпитos</b> Salsa Cup, Sour Cream, Fresh Fruit, Choice of Dressing	<b>*Loaded French Fries</b> Diced Turkey, Shredded Cheese, Gravy, Dinner Roll, Banana, Choice of Dressing	<b>*Teriyaki Dippers</b> Brown Rice, Fresh Broccoli, Mixed Fruit, Choice of Dressing	<b>*Pulled Pork Nachos</b> Shredded Lettuce, Salsa, Sour Cream, Pineapple Tidbits, Choice of Dressing	<b>*Pizza Bosco Sticks</b> Mixed Greens, Marinara Cup, Fresh Fruit, Choice of Dressing

- \* = Whole Grain
- Every meals comes with **CHOICE OF MILK**
- Al-a-cart & Smart Snacks available daily for purchase.
- Cheeseburger, Chicken Patties, Grab & Go lunch options also available daily.

#### PRICES:

**Student Breakfast— \$1.90**  
 Reduced Student Breakfast- \$.30  
**Student Lunch- \$2.76**  
 Reduced Student Lunch- \$.40  
 Milk Only— \$.50  
 Adult Breakfast—\$2.76  
 Adult Lunch—\$5.11

#### December

Week	M	T	W	T	F
#1				1	2
#2	5	6	7	8	9
#3	12	13	14	15	17
#4	19	20	21	22	23

#### January

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

#### February

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

# ST. IGNATIUS SCHOOL LUNCH MENU

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

## December

Week	M	T	W	T	F
#1				1	2
#2	5	6	7	8	9
#3	12	13	14	15	16
#4	19	20	21		



## January

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

## February

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

### PRICES:

**Student Lunch- \$2.76**

Reduced Student Lunch- \$.40

Milk Only— \$.50

Adult Lunch—\$5.11

WEEK #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Chicken Patty, Oven Baked Fries, Carrot Sticks, Diced Pears, Ketchup, Mustard, Ranch Dressing	*French Bread Pizza, Fresh Broccoli, Cinnamon Apple Slices, Ranch Dressing	* Spaghetti and Meat Balls, Garlic Bread, Pineapple Tidbits, Ranch Dressing	*Corn Dog, Baked Cheetos, Cauliflower, Diced Pears, Ranch Dressing	*Chocolate Chip French Toast, Fried Egg Patty, Hash Brown, Syrup Cup, Banana
WEEK #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Ham and Cheese Calzone, Mixed Greens, Orange Smiles, Ranch Dressing	*Chicken Fries, Onion Rings, Green Peas, Mixed Fruit, Ranch Dressing	*Garlic Cheesy Pull Apart Bread, Marinara Cup, Banana, Ranch Dressing	*Cheese Quesadilla, Mixed Peppers, Salsa Cup, Fresh Pear, Ranch Dressing	*Confetti Waffles, Sausage Patty, Hash Brown Bites, Apple, Syrup Cup
WEEK #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Stuffed Crust Pizza, Baby Carrots, Watermelon Applesauce Cup, Ranch Dressing	*Soft Shell Taco, Shredded Lettuce, Salsa Cup, Mandarin Oranges, Ranch Dressing	* Chicken Alfredo, Steamed Broccoli, Dinner Roll, Apple Slices, Ranch Dressing	*Hot Dog on a Bun, Baked Beans, Cheez-its, Strawberry Cup, Ranch Dressing	*Blueberry Waffle, Cheese Omelet, Hash Brown, Syrup Cup, Pear
WEEK #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*Chicken and Cheese Crisptos, Tortilla Chips, Salsa Cup, Orange Smiles, Ranch Dressing	*Sweet and Sour Chicken, Brown Rice, Mixed Peppers, Pineapple Tidbits, Ranch Dressing	*Beef Tips and Gravy, Mashed Potatoes, Butter-milk Gravy, Strawberry Cup, Ranch Dressing	*Nachos and Cheese, Cherry Tomatoes, Shredded Lettuce, Mixed Fruit, Ranch Dressing	*Cinnamon Glazed Pancakes, Sausage Link, Hash Brown Bites, Syrup Cup, Orange

\* = Whole Grain

Salad Bar Available

All meals include a choice of Milk

Menu is subject to change without notice.