

ROGERS CITY ELEMENTARY SCHOOL MENU

Week 1	MONDAY *Cereal Kit with Apple Juice *Chicken Tenders, Spudsters, Green Beans & Pineapple (BBQ Sauce or Ranch Dressing)	TUESDAY *Mini Powdered Donuts, Yogurt & Pineapple Cup *Taco Pizza, Mixed Greens & Strawberry Cup (French Dressing and Salsa)	WEDNESDAY *Blueberry Bread, String Cheese & Apple *Soft Pretzel, Cheese Cup, Apple Slices & Fresh Broccoli (Vegetable Dip)	THURSDAY *Cinnamon Muffin, Cheese Cubes & Diced Pears *Pizza Crunchers, Cucumber Slices & Orange Smiles (Marinara Cup & Ranch Dressing)	FRIDAY *Lucky Charms, Yogurt & Mandarin Oranges *Strawberry Pancake Bowl, Sausage Links, Hash Brown & Banana (Syrup Cup)
Week 2	MONDAY *Blueberry Glazed Donut Holes, String Cheese & Craisins *Walking Taco, Shredded Lettuce, Mixed Peppers & Diced Pears (Salsa Cup)	TUESDAY *Fudge Poptart, Yogurt & Watermelon Applesauce Cup *Sweet and Sour Chicken, Brown Rice, Stir Fry Vegetables & Diced Peaches	WEDNESDAY *Cinnamon Toast Crunch Bar, Cheese Cubes & Diced Pears *BBQ Chicken Pizza, Tossed Salad & Diced Strawberries (Italian Dressing)	THURSDAY *Cookie and Cream Granola Bar, String Cheese & Mixed Fruit Cup *Turkey and Gravy, Mashed Potatoes, Dinner Roll & Fresh Pear	FRIDAY *Cereal Kit with Apple Juice *Breakfast Sandwich (<i>English Muffin, Egg Patty & Sausage Patty</i>) Hash Brown Bites & Cinnamon Apple Slices
Week 3	MONDAY *Apple Cinnamon Nutri Grain Bar, Cheese Cubes & Mixed Fruit Cup *Pulled Pork Sandwich, Cheez its, Baked Beans & Watermelon Applesauce	TUESDAY *Vanilla Graham Crackers, Yogurt & Mixed Berry Applesauce Cup *Italian Stromboli, Spinach Salad & Orange Smiles (Marinara & Ranch Dressing)	WEDNESDAY *Chocolate Muffin, String Cheese & Diced Peaches *Ham and Cheese Calzone, Baby Carrots & Apple Slices (Vegetable Dip)	THURSDAY *Frosted Flakes, Cheese Cubes & Raisins *Chicken Nuggets, Onions Rings, Sweet Corn & Diced Pears (BBQ Sauce)	FRIDAY *Golden Graham Cereal Bar, Oranges & Yogurt *Chocolate Chip French Toast, Cheese Omelet, Hash Brown & Apple (Syrup Cup)
Week 4	MONDAY *Cereal Kit and Apple Juice *Swedish Meatballs, Mashed Potatoes, Biscuit & Pineapple Tidbits	TUESDAY *Cinnamon Bun Stick, String Cheese & Pear *Breaded Fish Sandwich, Lettuce, Tomato, Smiley Fries & Mixed Fruit (Tartar Sauce)	WEDNESDAY *Cinnamon Graham Cracker Bites, Yogurt & Craisins *Three Cheese Lasagna, Garlic Bread, Fresh Broccoli & Banana (Marinara Sauce)	THURSDAY *Strawberry Poptart, Cheese Cubes & Diced Peaches *Chicken Noodle Soup, *Crackers, Yogurt, Celery Sticks & Orange Smiles (Ranch Dressing)	FRIDAY *Mini Donuts, String Cheese & Applesauce Cup *Blueberry Waffles, Sausage Patty, Hash Brown Bites & Fresh Pear (Syrup Cup)

* = Whole Grain
 Fresh Vegetables served daily (sometimes right from our school garden!)
 All meals are served with a Choice of Milk
 Menu is subject to change without notice

**FREE
 BREAKFAST AND LUNCH
 SERVED DAILY!**

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

< > December 2023

Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	1	2
Week 1	4	5	6	7	8	9
Week 2	11	12	13	14	15	16
Week 3	18	19	20	21	22	23
	25	26	27	28	29	30
31	1	2	3	4	5	6

< > January 2024

Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6
Week 4	7	8	9	10	11	12
Week 1	14	15	16	17	18	19
Week 2	21	22	23	24	25	26
Week 3	28	29	30	31	1	2
Week 4	4	5	6	7	8	9

< > February 2024

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	1	2	3
Week 1	4	5	6	7	8	9
Week 2	11	12	13	14	15	16
Week 3	18	19	20	21	22	23
Week 4	25	26	27	28	29	1
	3	4	5	6	7	8



Pricing:

Milk Only: \$.50
 Adult Breakfast: \$2.89
 Adult Lunch: \$4.92

ROGERS CITY HIGH SCHOOL MENU

What is the Smart Snack Bar?
It's where students can purchase healthy snacks after lunch is served.

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of: Breakfast Sandwich, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit or Juice *Chicken Tenders, French Fries, Salad Bar & Fresh Fruit	Choice of: Biscuit & Gravy, Poptart, String Cheese, Yogurt, Fresh Fruit or Juice *Taco Pizza, Tortilla Chips, Salad Bar & Apple Slices (Salsa and Sour Cream)	Choice of: Waffle with Scrambled Eggs, Assorted Cereal Bars, String Cheese, Yogurt, Mixed fruit Cups or Juice *Three Cheese Tortellini Soup, Garlic Breadstick, Salad Bar & Orange Smiles	Choice of: Cheese Omelet with a English Muffin, Bagel with Cream Cheese, String Cheese, Yogurt, Banana, Pear or Juice *Soft Pretzel, Cheese Cup, Salad Bar & Assorted Fruit	Choice of: Stuffed Hash Brown Patty, Cinnamon Churro, String Cheese, Yogurt, Diced Peaches, Fresh Fruit or Juice *Pizza Bar, Mixed Greens, Fresh Vegetables & Fresh Fruit

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of: Breakfast Sandwich, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit or Juice *Walking Taco, Shredded Lettuce, & Fresh Fruit (Salsa Cup and Sour Cream)	Choice of: Biscuit & Gravy, Poptart, String Cheese, Yogurt, Fresh Fruit or Juice *Sweet and Sour Chicken, Brown Rice, Stir Fry Vegetables & Pineapple	Choice of: Waffle with Scrambled Eggs, Assorted Cereal Bars, String Cheese, Yogurt, Mixed Fruit Cups or Juice *Fried Chicken, Mashed Potatoes, Gravy & Assorted Fruit	Choice of: Cheese Omelet with a English Muffin, Bagel with Cream Cheese, String Cheese, Yogurt, Banana, Pear or Juice *Turkey and Gravy, Mashed Potatoes, Dinner Roll, Salad Bar & Fresh Fruit	Choice of: Stuffed Hash Brown Patty, Cinnamon Churro, String Cheese, Yogurt, Diced Peaches, Fresh Fruit or Juice *Pizza Bar, Mixed Greens, Fresh Vegetables & Fresh Fruit

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of: Breakfast Sandwich, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit or Juice *Pulled Pork Sandwich, Cheez its, Baked Beans & Mandarin Oranges	Choice of: Biscuit & Gravy, Poptart, String Cheese, Yogurt, Fresh Fruit or Juice *Italian Stromboli, Spinach Salad & Assorted Fruit (Marinara)	Choice of: Waffle with Scrambled Eggs, Assorted Cereal Bars, String Cheese, Yogurt, Mixed fruit Cups or Juice *Cheesy Potatoes with Ham, Dinner Roll, Salad Bar & Diced Pears	Choice of: Cheese Omelet with a English Muffin, Bagel with Cream Cheese, String Cheese, Yogurt, Banana, Pear or Juice *Beef Chili, *Fritos, Shredded Cheese, Salad Bar & Apple Slices (Sour Cream)	Choice of: Stuffed Hash Brown Patty, Cinnamon Churro, String Cheese, Yogurt, Diced Peaches, Fresh Fruit or Juice *Pizza Bar, Mixed Greens, Fresh Vegetables & Fresh Fruit

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of: Breakfast Sandwich, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit or Juice *Swedish Meatballs, Mashed Potatoes, Biscuit, Salad Bar & Fresh Fruit	Choice of: Biscuit & Gravy, Poptart, String Cheese, Yogurt, Fresh Fruit or Juice *Fish Sandwich, Lettuce, Tomato, Smiley Fries & Mixed Fruit (Tartar Sauce)	Choice of: Waffle with Scrambled Eggs, Assorted Cereal Bars, String Cheese, Yogurt, Mixed fruit Cups or Juice *Cheese Stuffed Shells, Garlic Bread, Salad Bar & Apples (Marinara or Alfredo Sauce)	Choice of: Cheese Omelet with a English Muffin, Bagel with Cream Cheese, String Cheese, Yogurt, Banana, Pear or Juice *Gilled Ham & Cheese, Chicken Noodle Soup, Salad Bar & Assorted Fruit	Choice of: Stuffed Hash Brown Patty, Cinnamon Churro, String Cheese, Yogurt, Diced Peaches, Fresh Fruit or Juice *Pizza Bar, Mixed Greens, Fresh Vegetables & Fresh Fruit

December 2023

Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	1	2
Week 1	4	5	6	7	8	9
Week 2	11	12	13	14	15	16
Week 3	18	19	20	21	22	23
	25	26	27	28	29	30
31	1	2	3	4	5	6

< > January 2024

Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6
Week 4	7	8	9	10	11	12
Week 1	14	15	16	17	18	19
Week 2	21	22	23	24	25	26
Week 3	28	29	30	31	1	2
Week 4	4	5	6	7	8	9

< > February 2024

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	1	2	3
Week 1	4	5	6	7	8	9
Week 2	11	12	13	14	15	16
Week 3	18	19	20	21	22	23
Week 4	25	26	27	28	29	1
	3	4	5	6	7	8



* = Whole Grain

Fresh Vegetables served daily (sometimes right from our school garden!)

All meals are served with a Choice of Milk

Menu is subject to change without notice

The Salad Bar, Cheeseburgers, Hamburgers, Regular or Spicy Chicken Sandwiches are Available Daily!

Grab & Go Lunches:

Salads
Subs
Wraps
Parfaits

**FREE
BREAKFAST AND LUNCH
SERVED DAILY!**

Pricing:

Milk Only: \$.50
Adult Breakfast: \$2.89
Adult Lunch: \$4.92

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

ST. IGNATIUS SCHOOL - LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	*Chicken Tenders, Spudsters, Green Beans & Pineapple (BBQ Sauce or Ranch Dressing)	*Taco Pizza, Mixed Greens & Strawberry Cup (Ranch Dressing, Sour Cream and Salsa)	*Soft Pretzel, Cheese Cup, Applesauce Cup & Fresh Broccoli (Ranch Dressing)	*Pizza Crunchers, Cucumber Slices & Orange Smiles (Marinara Cup & Ranch Dressing)	*Strawberry Pancake Bowl, Sausage Links, Hash Brown & Banana (Syrup Cup)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	*Walking Taco, Shredded Lettuce, Mixed Peppers & Diced Pears (Salsa Cup)	*Sweet and Sour Chicken, Brown Rice, Stir Fry Vegetables & Diced Peaches	*BBQ Chicken Pizza, Tossed Salad & Diced Strawberries (Italian Dressing)	*Turkey and Gravy, Mashed Potatoes, Dinner Roll & Fresh Pear	*Breakfast Sandwich (English Muffin, Egg Patty & Sausage Patty) Hash Brown Bites & Cinnamon Apple Slices

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	*Pulled Pork Sandwich, Cheez its, Baked Beans & Watermelon Applesauce	*Italian Stromboli, Spinach Salad & Orange Smiles (Marinara & Ranch Dressing)	*Ham and Cheese Calzone, Baby Carrots & Apple Slices (Ranch Dressing)	*Chicken Nuggets, Onions Rings, Sweet Corn & Diced Pears (BBQ Sauce or Ranch Dressing)	*Chocolate Chip French Toast, Cheese Omelet, Hash Brown Patty & Apple (Syrup Cup)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4	*Swedish Meatballs, Mashed Potatoes, Biscuit & Pineapple Tidbits	*Breaded Fish Sandwich, Lettuce, Tomato, Smiley Fries & Mixed Fruit (Tartar Sauce)	*Three Cheese Lasagna, Garlic Bread, Fresh Broccoli & Banana (Marinara Sauce)	*Chicken Noodle Soup, *Crackers, Yogurt, Celery Sticks & Orange Smiles (Ranch Dressing)	*Blueberry Waffles, Sausage Patty, Hash Brown Bites & Fresh Pear (Syrup Cup)

* = Whole Grain
Fruit and Vegetables are served daily.
All meals are served with a Choice of Milk.
Menu is subject to change without notice.

Lunch Price:
\$2.99
Lunch Reduced Price:
\$.40

Other Pricing:
Milk Only: \$.50
Adult Lunch: \$4.92

< > December 2023

Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	1	2
Week 1	4	5	6	7	8	9
Week 2	11	12	13	14	15	16
Week 3	18	19	20	21	22	23
	25	26	27	28	29	30
31	1	2	3	4	5	6

< > January 2024

Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6
Week 1	7	8	9	10	11	12
Week 2	14	15	16	17	18	19
Week 3	21	22	23	24	25	26
Week 4	28	29	30	31	1	2
	4	5	6	7	8	9

< > February 2024

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	1	2	3
Week 1	4	5	6	7	8	9
Week 2	11	12	13	14	15	16
Week 3	18	19	20	21	22	23
Week 4	25	26	27	28	29	1
	3	4	5	6	7	8



HEAD START SCHOOL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Week 1	*Breakfast Sandwich (English Muffin & Egg Patty) and Sliced Peaches	*Blueberry Muffin, Yogurt and Watermelon Applesauce	Cheese Omelet, * Butter Toast and Banana	*Banana Bread, String Cheese and Orange Smiles
	*Chicken Tenders, Spudsters, Green Beans & Pineapple (Ranch Dressing)	*Taco Pizza, Mixed Greens & Strawberry Cup (Ranch Dressing and Salsa)	*Soft Pretzel, Cheese Cup, Apple Slices & Fresh Broccoli (Ranch Dressing)	*Pizza Crunchers, Cucumber Slices & Orange Smiles (Marinara Cup & Ranch Dressing)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Week 2	*Breakfast Sandwich (English Muffin & Egg Patty) and Sliced Peaches	*Blueberry Muffin, Yogurt and Watermelon Applesauce	Cheese Omelet, *Butter Toast and Banana	*Banana Bread, String Cheese and Orange Smiles
	*Walking Taco, Shredded Lettuce, Mixed Peppers & Diced Pears (Salsa Cup & Ranch)	*Sweet and Sour Chicken, Brown Rice, Mixed Vegetables & Diced Peaches (Ranch)	*BBQ Chicken Pizza, Mixed Greens & Diced Strawberries (Ranch Dressing)	*Turkey and Gravy, Mashed Potatoes, Dinner Roll & Fresh Pear (Ranch Dressing)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Week 3	*Breakfast Sandwich (English Muffin & Egg Patty) and Sliced Peaches	*Blueberry Muffin, Yogurt and Watermelon Applesauce	Cheese Omelet, *Butter Toast and Banana	*Banana Bread, String Cheese and Orange Smiles
	*Pulled Pork Sandwich, Cheez Its, Baked Beans & Cinnamon Applesauce (Ranch Dressing)	*Italian Stromboli, Spinach Salad & Orange Smiles (Marinara & Ranch Dressing)	*Ham and Cheese Calzone, Baby Carrots & Apple Slices (Ranch Dressing)	*Chicken Nuggets, Onions Rings, Sweet Corn & Diced Pears (BBQ Sauce & Ranch Dressing)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Week 4	*Breakfast Sandwich (English Muffin & Egg Patty) and Sliced Peaches	*Blueberry Muffin, Yogurt and Watermelon Applesauce	Cheese Omelet, *Butter Toast and Banana	*Banana Bread, String Cheese and Orange Smiles
	*Swedish Meatballs, Mashed Potatoes, Biscuit & Pineapple Tidbits (Ranch Dressing)	*Fish Sandwich, Lettuce, Tomato Slices, Smiley Fries & Mixed Fruit (Tartar Sauce & Ranch)	*Three Cheese Lasagna, *Garlic Bread, Fresh Broccoli & Banana (Marinara Sauce & Ranch)	*Chicken Noodle Soup, *Crackers, Baby Carrots & Fresh Apple (Ranch Dressing)

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

* = Whole Grain

Fresh Vegetables served daily (sometimes right from the school garden!)

All meals are served with Milk

< > December 2023

Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	1	2
Week 1	4	5	6	7	8	9
Week 2	11	12	13	14	15	16
Week 3	18	19	20	21	22	23
	25	26	27	28	29	30
31	1	2	3			

< > January 2024

Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6
Week 4	7	8	9	10	11	12
Week 1	14	15	16	17	18	19
Week 2	21	22	23	24	25	26
Week 3	28	29	30	31	1	2
Week 4	4	5	6	7		

< > February 2024

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	1	2	3
Week 1	4	5	6	7	8	9
Week 2	11	12	13	14	15	16
Week 3	18	19	20	21	22	23
Week 4	25	26	27	28	29	1
	3	4	5	6		

