

ROGERS CITY ELEMENTARY SCHOOL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	*Lucky Charms, String Cheese Diced Pears	*Dunkin Stick, Yogurt, Applesauce	*Blueberry Bread, String Cheese & Apple	*Cinnamon Muffin, Cheese Cubes & Diced Pears	*Graham Crackers, Yogurt and Mandarin Oranges
	*Hot Dog on a Bun, Funyuns, Baked Beans, Pineapple Tidbits	*Ham and Cheese Sub, Goldfish Crackers, Lettuce, Tomato, Strawberry Cup, Mustard and Mayo	*Cheese Pizza, Mixed Greens, Jello Cup, Choice of Dressing	*Popcorn Chicken, Oven Baked Fries, Mixed Fruit, Choice of Sauce	*Mini Pancake Wraps, Hash Brown, Banana, Syrup Cup

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	*Blueberry Glazed Donut Holes, String Cheese & Craisins	*Fudge Poptart, Yogurt & Watermelon Applesauce Cup	*Cinnamon Toast Crunch Bar, Cheese Cubes & Diced Pears	*Cookie and Cream Granola Bar, String Cheese & Mixed Fruit Cup	*Cereal Kit with Apple Juice
	*Sloppy Joe on a Bun, Cheese Puffs, Fresh Broccoli, Diced Pears	*Nachos(Tortilla Chips and Queso Cheese) Refried Beans, Shredded Lettuce, Pear	*Turkey Lunchable, Baby Carrots, Diced Peaches, Ranch Cup	*Polish Dog, Cucumber Slices, Munchie Mix, Orange Smiles	*Breakfast Bites (Sausage, Egg, Cheese, Gravy) Hash Brown Bites Apple

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	*Banana Bread, Cheese Cubes and Mixed Fruit Cup	*Cinnamon Roll, Yogurt, and Mixed berry Applesauce Cup	*Chocolate Muffin, String Cheese & Diced Peaches	*Frosted Flakes, Cheese Cubes & Raisins	*Golden Graham Cereal Bar, Oranges & Yogurt
	*Garlic Cheese Bread, Mixed Greens, Marinara Cup, Strawberry Cup, Choice of Dressing	*Hamburger/Cheeseburger, Baked Cheetos, Cauliflower Bites, Orange Smiles, Ketchup and Mustard	*Philly Steak and Cheese Pinwheel, Spinach Salad, Sidekick Slushy, Choice of Dressing	*Hard Shell Taco, Refried Beans, Shredded Lettuce, Salsa Cup, Sour Cream, Pineapple Tidbits	*Breakfast Pizza, Hash Brown, Choice of Fresh Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4	*Cereal Kit and Apple Juice	*Coco Puffs, String Cheese and Pear	*Trix Cereal Bar, Yogurt and Craisins	*Strawberry Poptart, Cheese Cubes & Diced Peaches	*Mini Donuts, String Cheese & Applesauce Cup
	*Macaroni and Cheese, Dinner Roll, Green Beans, Tropical Fruit	*Chicken and Cheese Crispos, Mexican Rice, Cherry Tomato's, Salsa Cup, Diced Peaches	*French Bread Pizza, Mixed Greens, Watermelon, Choice of Dressing	*Chicken Patty, Tatar Tots, Baby Carrots, Diced Pears, Ketchup and Mayo	*Confetti Pancakes, Sausage Link, Hash Brown Bites, Banana

* = 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

< > March 2024

	Su	Mo	Tu	We	Th	Fr	Sa
	25	26	27	28	29	1	2
Week 1	3	4	5	6	7	8	9
Week 2	10	11	12	13	14	15	16
Week 3	17	18	19	20	21	22	23
	24	25	26	27	28	29	30
	31	1	2	3			

< > April 2024

	Su	Mo	Tu	We	Th	Fr	Sa
Week 4	31	1	2	3	4	5	6
Week 1	7	8	9	10	11	12	13
Week 2	14	15	16	17	18	19	20
Week 3	21	22	23	24	25	26	27
Week 4	28	29	30	1	2	3	4
	5	6	7	8			

< > May 2024

	Su	Mo	Tu	We	Th	Fr	Sa
	28	29	30	1	2	3	4
Week 1	5	6	7	8	9	10	11
Week 2	12	13	14	15	16	17	18
Week 3	19	20	21	22	23	24	25
Week 4	26	27	28	29	30	31	1
	2	3	4	5			

HELLO
SPRING

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage, Egg and Cheese Biscuit, Pop-tart, String Cheese, Yogurt, Fresh Fruit and Juice.	Choice of: French Toast, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Breakfast Sausage & Gravy Bites, Frudel, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
	*Hot dog on a Bun, Funyuns, Baked Beans, Pineapple Tidbits, Fresh Fruit, & Choice of Dressing	*Italian Sub, Goldfish Crackers, Lettuce, Tomato, Watermelon, Mustard and Mayo & Choice of Dressing	*Honey Sriracha Chicken Bites, Oven Baked Fries, Fresh Fruit & Choice of Dressing	*Corn Dog, Smiley Fries, Ketchup & Mustard, Fresh Fruit & Choice of Dressing	*Pizza Bar, Mixed Greens, Fresh Vegetables, Assorted Fruit & Choice of Dressing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage, Egg and Cheese Biscuit, Pop-tart, String Cheese, Yogurt, Fresh Fruit and Juice.	Choice of: French Toast, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Breakfast Sausage & Gravy Bites, Frudel, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
	*Sloppy Joe on a Bun, Cheese Puffs, Fresh Broccoli, Diced Pears, Fresh Fruit & Choice of Dressing	*Nachos Supreme (Tortilla Chips, Taco Meat, Queso Cheese) Refried Beans, Shredded Lettuce, Orange Smiles	*Steak & Cheese Tornado, Brown Rice, Salsa Cup, Fresh Fruit & Choice of Dressing	*Polish Dog, Cucumber Slices, Munchie Mix, Ketchup, Mustard, Watermelon & Choice of Dressing	*Pizza Bar, Mixed Greens, Fresh Vegetables, Assorted Fruit & Choice of Dressing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage, Egg and Cheese Biscuit, Pop-tart, String Cheese, Yogurt, Fresh Fruit and Juice.	Choice of: French Toast, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Breakfast Sausage & Gravy Bites, Frudel, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
	*Garlic Cheese Bread, Mixed Greens, Marinara Cup, Strawberry Cup & Choice of Dressing	*Bacon Cheeseburger, Oven Baked Fries, Lettuce, Tomato, Fresh Fruit & Choice of Dressing	*Philly Steak & Cheese Pinwheel, Spinach Salad, Fresh Fruit & Choice of Dressing	*Hard/Soft Shell Taco, Refried Beans, Shredded Lettuce, Salsa Cup, Sour Cream, Pineapple Tidbits & Choice of Dressing	*Pizza Bar, Mixed Greens, Fresh Vegetables, Assorted Fruit & Choice of Dressing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage, Egg and Cheese Biscuit, Pop-tart, String Cheese, Yogurt, Fresh Fruit and Juice.	Choice of: French Toast, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Breakfast Sausage & Gravy Bites, Frudel, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
	*Macaroni & Cheese, Dinner Roll, Green Beans, Tropical Fruit, Fresh Fruit & Choice of Dressing	*Chicken & Cheese Crispos, Mexican Rice, Cherry Tomatoes, Salsa, Diced Peaches & Choice of Dressing	*French Bread Pizza, Mixed Greens, Watermelon & Choice of Dressing	*Crispy Chicken Club Sandwich, Tator-Tots, Baby Carrots, Diced Pears, Ketchup and Mayo & Choice of Dressing	*Pizza Bar, Mixed Greens, Fresh Vegetables, Assorted Fruit & Choice of Dressing

March 2024

Su	Mo	Tu	We	Th	Fr	Sa
25	26	27	28	29	1	2
Week 1						
Week 2						
Week 3						
31	1	2	3	4	5	6

< > April 2024

Su	Mo	Tu	We	Th	Fr	Sa
31	1	2	3	4	5	6
Week 4						
Week 1						
Week 2						
Week 3						
Week 4						
5	6	7	8	9	10	11

< > May 2024

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	1	2	3	4
Week 1						
Week 2						
Week 3						
Week 4						
2	3	4	5	6	7	8

HELLO
SPRING

* = 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

Pricing:

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

**FREE
BREAKFAST AND LUNCH
SERVED DAILY!**

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	*Hot Dog on a Bun, Funyuns, Baked Beans & Pineapple Tidbits	*Ham and Cheese Sub, Goldfish Crackers, Lettuce, Tomato, Strawberry Cup, Mustard and Mayo	*Cheese Pizza, Mixed Greens, Jello Cup, & Choice of Dressing	*Popcorn Chicken, Oven Baked Fries, Mixed Fruit & Choice of Sauce	*Mini Pancakes, Scrambled Eggs, Hash Browns, Banana & Syrup Cup
Week 2	*Sloppy Joe on a Bun, Cheese Puffs, Fresh Broccoli & Diced Pears	*Nachos(Tortilla Chips and Queso Cheese) Refried Beans, Shredded Lettuce & a Pear	*Turkey Lunchable, Baby Carrots, Diced Peaches & a Ranch Cup	*Polish Dog, Cucumber Slices, Munchie Mix & Orange Smiles	*French Toast, Egg Patty, Hash Browns, Apple & a Syrup Cup
Week 3	*Garlic Cheese Bread, Mixed Greens, Marinara Cup, Strawberry Cup & Choice of Dressing	*Hamburger Or Cheeseburger, Baked Cheetos, Cauliflower Bites, Orange Smiles, Ketchup and Mustard	*Philly Steak and Cheese Pinwheel, Spinach Salad, Sidekick Slushy & Choice of Dressing	*Hard Shell Taco, Refried Beans, Shredded Lettuce, Salsa Cup, Sour Cream & Pineapple Tidbits	*Mini Pancakes, Scrambled Eggs, Hash Browns, Banana & a Syrup Cup
Week 4	*Macaroni and Cheese, Dinner Roll, Green Beans & Tropical Fruit	*Chicken and Cheese Crisпитos, Mexican Rice, Cherry Tomato's, Salsa Cup & Diced Peaches	*French Bread Pizza, Mixed Greens, Watermelon & Choice of Dressing	*Chicken Patty, Tatar Tots, Baby Carrots, Diced Pears, Ketchup and Mayo	*French Toast, Egg Patty, Hash Browns, Apple & a 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

< > March 2024

Su	Mo	Tu	We	Th	Fr	Sa
25	26	27	28	29	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			

< > April 2024

Su	Mo	Tu	We	Th	Fr	Sa
Week 4	31	1	2	3	4	5
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	1	2	3
	5	6	7	8		

< > May 2024

Su	Mo	Tu	We	Th	Fr	Sa
Week 1	5	6	7	8	9	10
Week 2	12	13	14	15	16	17
Week 3	19	20	21	22	23	24
Week 4	26	27	28	29	30	31
	2	3	4	5		



HEAD START SCHOOL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Week 1	*Cheerios, Yogurt & Sliced Peaches	* Breakfast Pizza & Cinnamon Apple Slices	*Bagel, String Cheese & Pineapple Tidbits	*Pancakes, Scrambled Eggs & Orange Smiles
	*Hot Dog on a Bun, Funyuns, Baked Beans, Pineapple Tidbits & Ranch Dressing	*Ham and Cheese Sub, Goldfish Crackers, Lettuce, Tomato, Strawberry Cup, & Ranch Dressing	*Cheese Pizza, Mixed Greens, Apple Slices & Ranch Dressing	*Popcorn Chicken, Oven Baked Fries, Applesauce & Ranch Dressing
Week 2	*Cheerios, Yogurt & Sliced Peaches	* Breakfast Pizza & Cinnamon Apple Slices	*Bagel, String Cheese & Pineapple Tidbits	*Pancakes, Scrambled Eggs & Orange Smiles
	*Sloppy Joe on a Bun, Cheese Puffs, Broccoli, Diced Pears & Ranch Dressing	*Nachos(Tortilla Chips and Queso Cheese) Refried Beans, Shredded Lettuce, Fresh Pear & Ranch Dressing	*Turkey Lunchable, Baby Carrots, Diced Peaches & Ranch Dressing	*Polish Dog, Cucumber Slices, Munchie Mix, Mixed Fruit & Ranch Dressing
Week 3	*Cheerios, Yogurt & Sliced Peaches	* Breakfast Pizza & Cinnamon Apple Slices	*Bagel, String Cheese & Pineapple Tidbits	*Pancakes, Scrambled Eggs & Orange Smiles
	*Garlic Cheese Bread, Mixed Greens, Marinara Cup, Cinnamon Applesauce & Ranch Dressing	*Hamburger/Cheeseburger, Baked Cheetos, Cauliflower, Orange Smiles, & Ranch Dressing	*Philly Steak and Cheese Pinwheel, Spinach Salad, Strawberry Cup & Ranch Dressing	*Hard Shell Taco, Refried Beans, Shredded Lettuce, Salsa Cup, Apple & Ranch Dressing
Week 4	*Cheerios, Yogurt & Sliced Peaches	* Breakfast Pizza & Cinnamon Apple Slices	*Bagel, String Cheese & Pineapple Tidbits	*Pancakes, Scrambled Eggs & Orange Smiles
	*Macaroni and Cheese, Dinner Roll, Green Beans, Pineapple Tidbits & Ranch Dressing	*Chicken Crisпитos, Mexican Rice, Mixed Peppers, Mixed Fruit & Ranch Dressing	*French Bread Pizza, Spinach Salad, Watermelon & Ranch Dressing	*Chicken Patty, Tatar Tots, Cherry Tomatoes, Diced Peaches & 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

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

< > March 2024

	Su	Mo	Tu	We	Th	Fr	Sa
	25	26	27	28	29	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	🕒	⚙️	

< > April 2024

	Su	Mo	Tu	We	Th	Fr	Sa
Week 4	31	1	2	3	4	5	6
Week 1	7	8	9	10	11	12	13
Week 2	14	15	16	17	18	19	20
Week 3	21	22	23	24	25	26	27
Week 4	28	29	30	1	2	3	4
	5	6	7	8	🕒	⚙️	

< > May 2024

	Su	Mo	Tu	We	Th	Fr	Sa
	28	29	30	1	2	3	4
Week 1	5	6	7	8	9	10	11
Week 2	12	13	14	15	16	17	18
Week 3	19	20	21	22	23	24	25
Week 4	26	27	28	29	30	31	1
	2	3	4	5	🕒	⚙️	

HELLO
SPRING