## ROGERS CITY ELEMENTARY SCHOOL MENU

| MONDAY   | MONDAY TUESDAY  |   | THURSDAY   | FRIDAY  |
|--|---|---|--|---|
| *Lucky Charms, String Chesse Diced<br>Pears, Juice                           | *Coco Puff Bar, Applesauce Cup,<br>Juice                      | *Blueberry Bread, Yogurt, Mixed<br>Fruit Cup, Juice                           | *Cinnamon Muffin, Diced Peaches,<br>Juice                        | *Granola Bar, String Cheese,<br>Mandarin Oranges, Juice           |
| *Spaghetti w/ Meat Sauce, Garlic<br>Bread, Mixed Greens Pineapple<br>Tidbits | *Corn Dog, Baked Beans, Orange<br>Smiles, Ketchup and Mustard | *Cheese Pizza, Romaine Lettuce,<br>Cinnamon Apple Slices, Italian<br>Dressing | *Chicken Tenders, Oven Baked<br>Fries, Tropical Fruit, Ranch Cup | *Breakfast Burrito, Hash Brown<br>Patty, Salsa Cup, Pear, Kethcup |

|      | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |  |
|------|--|--|--|--|---|--|
| ek 2 | *Cinnamon Roll, Applesauce Cup,<br>Juice                       | *Fudge Poptart, Mixed Fruit Cup,<br>Juice                          | *Cinnamon Toast Crunch Muffin &<br>Diced Pears, Juice                            | *Chocolate Chip Oatmeal Bar,<br>String Cheese, Mixed Fruit Cup,<br>Juice | *Cereal Kit with Apple Juice &<br>Craisins  |  |
| i na | *Cheese Bosco Sticks, Steamed<br>Broccoli, Marinara Cup, Apple | * Chicken and Cheese Quesadilla,<br>Refried Beans, Salsa Cup, Pear | *Hamburger/Cheeseburger, Oven<br>Baked Fries, Grapes, Ketchup,<br>Mustard & Mayo | *Macaroni and Cheese, Dinner Roll,<br>Baby Carrots, Orange Smiles        | *Mini Pancakes, Hash Brown Bites,<br>Sausage Links, Apple Slices, Syrup<br>Cup, Ketchup |  |

| MONDAY   | TUESDAY  | TUESDAY WEDNESDAY                                      |  | FRIDAY  |
|--|--|--|--|---|
| *Banana Bread, Cheese Stick, Mixed<br>Fruit Cup, Juice | *Blueberry Muffin, String Cheese,<br>Mango Applesauce Cup, Juice           | *Mini Donuts, String Cheese, Diced<br>Peaches, & Juice | *Waffle Graham Crackers, Yogurt,<br>Diced Pears and Juice                          | *Golden Graham Cereal Bar,<br>Mandarin Oranges, and Juice |
| *Grilled Cheese and Tomato Soup,<br>Strawberry Cup     | *Stuffed Crust Pizza, Spinach Salad,<br>Pineapple Tidbits, French Dressing | •  | *Chicken Patty on a Bun, Green<br>Beans, Watermelon Applesauce,<br>BBQ Sauce, Mayo | *Breakfast Pizza, Hash Brown Patty,<br>Orange Smiles      |

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| *Cereal Kit, Apple Juice & Craisin  | *Coco Puffs, String Cheese, Diced<br>Pears & Juice                | Trix Cereal Muffin, Yogurt, Craisins &<br>Juice                          | *Strawberry Poptart, Diced Peaches & Juice                     | *Mini Donuts, String Cheese,<br>Applesauce Cup & Juice                 |
| *Walking Taco, Refried Beans,<br>Shredded lettuce, Salsa Cup,<br>Tropical Fruit | *Chicken Drumstick, Mashed<br>Potatoes, Dinner Roll, Apple Slices | *Ham and Cheese Calzone, Baby<br>Carrots, Marinara Cup, Diced<br>Peaches | *Soft Pretzel, Cheese Cup, Steamed<br>Broccoli, Strawberry Cup | *French Toast Sticks, Sausage Link,<br>Hash Brown Bites,<br>Fresh Pear |

\* = Whole Grain ingredients used in this product
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!

## < > September 2024

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

#### < > October 2024

| Su | MO                        | IU                                      | we   | ın  | FF  | Sa   |
|----|---------------------------|---|--|---|---|--|
| 29 | 30                        | 1                                       | 2  | 3   | 4   | 5  |
| 6  | 7                         | 8                                       | 9  | 10  | 11  | 12   |
| 13 | 14                        | 15                                      | 16   | 17  | 18  | 19   |
| 20 | 21                        | 22                                      | 23   | 24  | 25  | 26   |
| 27 | 28                        | 29                                      | 30   | 31  | 1   | 2  |
| 3  | 4                         | 5                                       | 6  | €   | •   | \$   |
|    | 29<br>6<br>13<br>20<br>27 | 29 30<br>6 7<br>13 14<br>20 21<br>27 28 | 29 30 1<br>6 7 8<br>13 14 15<br>20 21 22<br>27 28 29 | 29 30 1 2<br>6 7 8 9<br>13 14 15 16<br>20 21 22 23<br>27 28 29 30 | 29 30 1 2 3<br>6 7 8 9 10<br>13 14 15 16 17<br>20 21 22 23 24 | 29 30 1 2 3 4 6 7 8 9 10 11 13 14 15 16 17 18 20 21 22 23 24 25 27 28 29 30 31 1 3 4 5 6 |

### < > November 2024

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



### Pricing:

Milk Only: \$.50 Adult Breakfast: \$3.01 Adult Lunch: \$5.13

Jenna Vekaryasz - Food Service Supervisor 989.734.9164 or jenna.vekaryasz@rcashurons.org Rogers City Area Schools is an Equal Opportunity Provider.