ROGERS CITY HIGH SCHOOL MENU

	ſ	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	1	<	> S	epte	emb	er :
	1	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon	Choice of: Sausage, Egg and Cheese Sandwich, Pop-tart, String Cheese, Yogurt, Fresh Fruit and	Choice of: French Toast Sticks, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed	Choice of: Biscuit and Gravy, Frudel, String Cheese, Yogurt,	Choice of: Breakfast Tornados, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and	Week 1	1	2	Tu \	4	5
	Week 1	Applesauce, Fresh Fruit & Juice	Juice.	Fruit Cups & Juice	Banana, Pear and Juice	Juice	Week 2	8	9	10	11	12
	≥	*Spaghetti w/ Meat Sauce, Garlic	*Corn Dog,	*Cheese Pizza,	*Chicken Tenders,	*Nacho/Taco/Walking Taco,	Week 3	15	16	17	18	19
		Breadstick, Pineapple Tidbits	Baked Beans, Orange Smiles,	Apple Slices	Oven Baked Fries, Tropical Fruit,	Shredded lettuce, Salsa Cup, Fresh Fruit	Week 4	22	23	24	25	26
		Filleapple Hubits	Ketchup and Mustard	Ranch Dressing	Ranch Cup, BBQ Sauce	FIESH FIUIL	Week 1	29	30	1	2	3
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		<	> (octo	ber	202
		Choice of: Breakfast Pizza, Cereal,	Choice of: Sausage, Egg and	Choice of: French Toast Sticks,	Choice of: Biscuit and Gravy,	Choice of: Breakfast Tornados,	Ĭ	Su	Мо	Tu	We	Th
	< 2	Yogurt, String Cheese, Cinnamon	Cheese Sandwich, Pop-tart, String	Sausage Links, Assorted Cereal	Frudel, String Cheese, Yogurt,	Benefit Bar, String Cheese, Yogurt,	Week 1	29	30	1	2	3
		Applesauce, Fresh Fruit & Juice	Cheese, Yogurt, Fresh Fruit and Juice.	Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Banana, Pear and Juice	Diced Peaches, Fresh Fruit and Juice	Week 2	6	7	8	9	10
	Week 2	*Ob	Juice.	Truit Cups & Juice		*Pizza Bar,	Week 3	13	14	15	16	17
	>	*Cheese or Pizza Bosco Sticks, Steamed Broccoli, Marinara Cup,	*Chicken and Cheese Quesadilla,	*Baja Seasoned Pollack, Smiley	* Macaroni and Cheese, Baby	Mixed Greens,	Week 4	20	21	22	23	24
		Apple	Refried Beans, Salsa Cup, Pear	Fries, Tartar Sauce, Fresh Fruit	Carrots, Orange Smiles	Fresh Vegetables,	Week 1		28		30	
		11				Fresh Fruit, Choice of Dressing	J					
	I	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Ī			love Tu		
		Choice of: Breakfast Pizza. Cereal.	Choice of: Sausage, Egg and	Choice of: French Toast Sticks,	Choice of: Biscuit and Gravy,	Choice of: Breakfast Tornados,	Week 1	27		-	30	
		Yogurt, String Cheese, Cinnamon	Cheese Sandwich, Pop-tart, String	Sausage Links, Assorted Cereal	Frudel, String Cheese, Yogurt,	Benefit Bar, String Cheese, Yogurt,		2	4	5		7
	Week 3	Applesauce, Fresh Fruit & Juice	Cheese, Yogurt, Fresh Fruit and Juice.	Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Banana, Pear and Juice	Diced Peaches, Fresh Fruit and Juice	Week 2	3		•	•	
	Ne.	*Grilled Cheese.		*Scalloped Potatoes and Ham, WG	*Golden Broccoli Cheese Soup.	*Nacho/Taco/Walking Taco,	Week 3	0			13	
		Tomato Soup,	*Orange Chicken, Brown Rice, Fortune Cookie, Grapes	Biscuit,	Raspberry Yogurt Cup, Breadstick,	Shredded lettuce, Salsa Cup,	Week 4				20	
		Strawberry Cup	Fortune Cookie, Grapes	Mixed Fruit	Diced Pears	Fresh Fruit	Week 1	4			27	28
		MONDAY	THEODAY	MEDNEODAY	THUDODAY	FRIDAY	Ī		2	3	4	Ø
		MONDAY	TUESDAY Choice of: Sausage, Egg and	WEDNESDAY Choice of: French Toast Sticks.	THURSDAY	Choice of: Breakfast Tornados.						
		Choice of: Breakfast Pizza, Cereal,	Cheese Sandwich, Pop-tart, String	Sausage Links, Assorted Cereal	Choice of: Biscuit and Gravy,	Benefit Bar, String Cheese, Yogurt,	Pricir	g:				
	Week 4	Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Cheese, Yogurt, Fresh Fruit and	Bar, String Cheese, Yogurt, Mixed	Frudel, String Cheese, Yogurt, Banana, Pear and Juice	Diced Peaches, Fresh Fruit and		N	1ilk C	Only:	\$.50	j
		,	Juice.	Fruit Cups & Juice	,	Juice	Bern	Α	dult	Breal	kfast	t: \$3
	\geqslant	*Beef Chili, Doritos, Shredded Cheese.	*Chicken Drumstick, Mashed	*Ham and Cheese Calzone, Baby	*Soft Pretzel, Cheese Cup,	*Pizza Bar, Mixed Greens.	STREET, S	A	dult	Luncl		
		Applesauce	Potatoes, Dinner Roll, Apple Slices	Carrots, Marinara Cup, Diced Peaches	Steamed Broccoli,	Fresh Vegetables,						Snac
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* = 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

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

Strawberry Cup

Peaches

FREE BREAKFAST AND LUNCH SERVED DAILY!

Fresh Fruit, Choice of Dressing

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

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	Su	MIO	Iu	we	ın	FI	5a
Week 1	29	30	1	2	3	4	5
Week 2	6	7	8	9	10	11	12
Week 3	13	14	15	16	17	18	19
Week 4	20	21	22	23	24	25	26
Week 1	27	28	29	30	31	1	2

2024

	Ju	INIO	···	we			34
Week 1	27	28	29	30	31	1	2
Week 2	3	4	5	6	7	8	9
Week 3	0	11	12	13	14	15	16
Week 4	7	18	19	20	21	22	23
Week 1	4	25	26	27	28	29	30
	1	2	3	4	0		



\$3.01

Smart Snacks are available for purchase

Grab & Go Lunches:

Salads Subs Parfaits Cheese & Grape Cups (available while supplies last)

Additional Options may be: Cheeseburgers, Hamburgers, Regular or Spicy Chicken Sandwiches! (available while supplies last)