

ROGERS CITY HIGH SCHOOL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice *Spaghetti w/ Meat Sauce, Garlic Breadstick, Pineapple Tidbits	Choice of: Sausage, Egg and Cheese Sandwich, Pop-tart, String Cheese, Yogurt, Fresh Fruit and Juice. *Corn Dog, Baked Beans, Orange Smiles, Ketchup and Mustard	Choice of: French Toast Sticks, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice *Cheese Pizza, Apple Slices, Ranch Dressing	Choice of: Biscuit and Gravy, Frudel, String Cheese, Yogurt, Banana, Pear and Juice *Chicken Tenders, Oven Baked Fries, Tropical Fruit, Ranch Cup, BBQ Sauce	Choice of: Breakfast Tornados, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice *Nacho/Taco/Walking Taco, Shredded lettuce, Salsa Cup, Fresh Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice *Cheese or Pizza Bosco Sticks, Steamed Broccoli, Marinara Cup, Apple	Choice of: Sausage, Egg and Cheese Sandwich, Pop-tart, String Cheese, Yogurt, Fresh Fruit and Juice. *Chicken and Cheese Quesadilla, Refried Beans, Salsa Cup, Pear	Choice of: French Toast Sticks, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice *Baja Seasoned Pollack, Smiley Fries, Tartar Sauce, Fresh Fruit	Choice of: Biscuit and Gravy, Frudel, String Cheese, Yogurt, Banana, Pear and Juice *Macaroni and Cheese, Baby Carrots, Orange Smiles	Choice of: Breakfast Tornados, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice *Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit, Choice of Dressing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice *Grilled Cheese, Tomato Soup, Strawberry Cup	Choice of: Sausage, Egg and Cheese Sandwich, Pop-tart, String Cheese, Yogurt, Fresh Fruit and Juice. *Orange Chicken, Brown Rice, Fortune Cookie, Grapes	Choice of: French Toast Sticks, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice *Scalloped Potatoes and Ham, WG Biscuit, Mixed Fruit	Choice of: Biscuit and Gravy, Frudel, String Cheese, Yogurt, Banana, Pear and Juice *Golden Broccoli Cheese Soup, Raspberry Yogurt Cup, Breadstick, Diced Pears	Choice of: Breakfast Tornados, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice *Nacho/Taco/Walking Taco, Shredded lettuce, Salsa Cup, Fresh Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice *Beef Chili, Doritos, Shredded Cheese, Applesauce	Choice of: Sausage, Egg and Cheese Sandwich, Pop-tart, String Cheese, Yogurt, Fresh Fruit and Juice. *Chicken Drumstick, Mashed Potatoes, Dinner Roll, Apple Slices	Choice of: French Toast Sticks, Sausage Links, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice *Ham and Cheese Calzone, Baby Carrots, Marinara Cup, Diced Peaches	Choice of: Biscuit and Gravy, Frudel, String Cheese, Yogurt, Banana, Pear and Juice *Soft Pretzel, Cheese Cup, Steamed Broccoli, Strawberry Cup	Choice of: Breakfast Tornados, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice *Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit, Choice of Dressing

< > September 2024

Su	Mo	Tu	We	Th	Fr	Sa
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	1	2	3	4	5

Week 1
Week 2
Week 3
Week 4
Week 1

< > October 2024

Su	Mo	Tu	We	Th	Fr	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

Week 1
Week 2
Week 3
Week 4
Week 1

< > November 2024

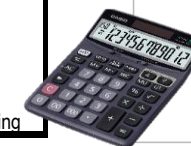
Su	Mo	Tu	We	Th	Fr	Sa
27	28	29	30	31	1	2
3	4	5	6	7	8	9
0	11	12	13	14	15	16
7	18	19	20	21	22	23
4	25	26	27	28	29	30

Week 1
Week 2
Week 3
Week 4
Week 1

Pricing:

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

Smart Snacks are available for purchase



* = 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.

**FREE
BREAKFAST AND LUNCH
SERVED DAILY!**

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)

Jenna Vekaryasz - Food Service Supervisor
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