

ROGERS CITY HIGH SCHOOL MENU

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: French Toast Sticks, Sausage Link's, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice.	Choice of: Breakfast Sandwich, Assorted Poptarts, Yogurt, Sting Cheese, Fresh Fruit & Juice	Choice of: Biscuit and Gravy , Frudel, String Cheese, Yogurt, Banana, Pear & Juice	Choice of: Breakfast Tornos, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice
Week 2	*Spaghetti w/ Meat Sauce, Garlic Breadstick & Pineapple Tidbits	*Corn Dog, Baked Beans, Orange Smiles, Ketchup & Mustard	*Soft Pretzels, Cheese Sauce, Yogurt, Salad Bar & Fresh Fruit	*Chicken Tenders, Oven Baked Fries, Tropical Fruit, & BBQ Sauce	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit & Choice of Dressing
	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: French Toast Sticks, Sausage Link's, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice.	Choice of: Breakfast Sandwich, Assorted Poptarts, Yogurt, Sting Cheese, Fresh Fruit & Juice	Choice of: Biscuit and Gravy , Frudel, String Cheese, Yogurt, Banana, Pear & Juice	Choice of: Breakfast Tornos, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice
Week 3	*Pizza or Cheese Bosco Sticks, Steamed Broccoli, Marinara Cup & Apple Slices	*Chicken and Cheese Quesadilla, Refried Beans, Salsa Cup, Sour Cream & Pears	*Golden Broccoli Cheese Soup, Raspberry Yogurt Cup, Breadstick & Oranges	*3 Cheese Macaroni and Cheese, Baby Carrots & Orange Smiles	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit & Choice of Dressing
	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: French Toast Sticks, Sausage Link's, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice.	Choice of: Breakfast Sandwich, Assorted Poptarts, Yogurt, Sting Cheese, Fresh Fruit & Juice	Choice of: Biscuit and Gravy , Frudel, String Cheese, Yogurt, Banana, Pear & Juice	Choice of: Breakfast Tornos, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice
Week 4	*Grilled Cheese, Tomato Soup, Fresh Broccoli & a Strawberry Cup	*Taco Pizza, Refried Beans, Shredded Lettuce, Salsa Cup, Sour Cream & Diced Peaches	*Scalloped Potatoes and Ham, WG Dinner Roll & Mandarin Oranges	*Beef Chili, Doritos, Cucumber Slices & Pineapple	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit & Choice of Dressing
	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: French Toast Sticks, Sausage Link's, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice.	Choice of: Breakfast Sandwich, Assorted Poptarts, Yogurt, Sting Cheese, Fresh Fruit & Juice	Choice of: Biscuit and Gravy , Frudel, String Cheese, Yogurt, Banana, Pear & Juice	Choice of: Breakfast Tornos, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice
Week 5	*Chicken Drumstick, Mashed Potatoes, Dinner Roll & Diced Pears	*Pretzel Dog, Green Beans, Cheez-its & Orange Smiles	*Italian Stromboli, Mixed Greens, Baby Carrots, French Dressing & Applesauce	*Nacho Supreme, Refried Beans, Salsa, Sour Cream & Fresh Fruit	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit & Choice of Dressing
	Choice of: Breakfast Pizza, Cereal, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: French Toast Sticks, Sausage Link's, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice.	Choice of: Breakfast Sandwich, Assorted Poptarts, Yogurt, Sting Cheese, Fresh Fruit & Juice	Choice of: Biscuit and Gravy , Frudel, String Cheese, Yogurt, Banana, Pear & Juice	Choice of: Breakfast Tornos, Benefit Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice

* = 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

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

What is a Smart Snack?

It's where students can purchase healthy snacks after lunch is served.

FREE
BREAKFAST AND LUNCH
UNTIL SEPTEMBER 30th
(we will know more when the state completes their budget)

Pricing:

Milk Only: \$.50

Adult Breakfast: \$3.12

Adult Lunch: \$5.32

Smart Snacks are available for purchase

Grab & Go Lunches:

Salads

Subs

Parfaits

Cheese & Grape Cups

(available while supplies last)

< > September 2025

Su	Mo	Tu	We	Th	Fr	Sa
31	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

< > October 2025

Su	Mo	Tu	We	Th	Fr	Sa
28	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

< > November 2025

Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	31	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	6