

# ROGERS CITY AREA SCHOOLS

## OCTOBER 2026

### ROGERS CITY ELEMENTARY SCHOOL MENU

FREE BREAKFAST & LUNCH

OCT. 23 - HALF DAY

FRESH VEGETABLES OFFERED DAILY

|                                                                                                                                                                                     |                                                                                                                                                                                          |                                                                                                                                                                | THURSDAY • OCT. 1                                                                                                                                                                                   | FRIDAY • OCT. 2                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                     |                                                                                                                                                                                          |                                                                                                                                                                | <b>B:</b> *Cocoa Puff Bar; diced pear; 100% juice; milk<br><br><b>L:</b> *Meatballs & gravy; brown rice; sugar snap peas; orange smiles; milk                                                       | <b>B:</b> *Scooby Grahams; yogurt cup; diced peaches; 100% juice; milk<br><br><b>L:</b> *Waffle; cheese omelet; mixed peppers; apple; syrup; milk                                                                 |
| MONDAY • OCT. 5                                                                                                                                                                     | TUESDAY • OCT. 6                                                                                                                                                                         | WEDNESDAY • OCT. 7                                                                                                                                             | THURSDAY • OCT. 8                                                                                                                                                                                   | FRIDAY • OCT. 9                                                                                                                                                                                                   |
| <b>B:</b> *Cinnamon Toast Crunch muffin; diced pears; 100% juice; milk<br><br><b>L:</b> *Corn dog; baked beans; applesauce; ketchup & mustard; milk                                 | <b>B:</b> *Cocoa Krispies; string cheese; strawberry-banana applesauce; 100% juice; milk<br><br><b>L:</b> *Pepperoni pizza; romaine lettuce; cherry tomatoes; orange smiles; ranch; milk | <b>B:</b> *Blueberry bread; mixed fruit; 100% juice; milk<br><br><b>L:</b> *Chicken nuggets; oven-baked fries; grapes; ketchup & BBQ sauce; milk               | <b>B:</b> *Donut sticks; applesauce; 100% juice; milk<br><br><b>L:</b> *Grilled cheese; tomato soup; watermelon; milk                                                                               | <b>B:</b> *Honey Bun Grahams; yogurt; Craisins; 100% juice; milk<br><br><b>L:</b> *Mini pancakes; sausage links; hash brown patty; apple slices; ketchup & syrup; milk                                            |
| MONDAY • OCT. 12                                                                                                                                                                    | TUESDAY • OCT. 13                                                                                                                                                                        | WEDNESDAY • OCT. 14                                                                                                                                            | THURSDAY • OCT. 15                                                                                                                                                                                  | FRIDAY • OCT. 16                                                                                                                                                                                                  |
| <b>B:</b> *Strawberry Pop-Tart; mixed fruit; 100% juice; milk<br><br><b>L:</b> *Hamburger/cheeseburger; cucumber slices; baby carrots; diced peaches; ketchup, mustard & mayo; milk | <b>B:</b> *Cinnamon roll; applesauce; 100% juice; milk<br><br><b>L:</b> *Spaghetti with meat sauce; broccoli bites; mandarin oranges; milk                                               | <b>B:</b> *Mini donuts; diced pears; 100% juice; milk<br><br><b>L:</b> *Walking taco; shredded lettuce; salsa; refried beans; pineapple; milk                  | <b>B:</b> *Chocolate chip oatmeal bar; diced peaches; 100% juice; milk<br><br><b>L:</b> *Chicken tenders; mashed potatoes; corn; apple; BBQ sauce; milk                                             | <b>B:</b> *Cereal kit; apple juice; Craisins; milk<br><br><b>L:</b> *Breakfast sandwich (bagel, sausage patty & egg patty); hash brown cubes; apple slices; milk                                                  |
| MONDAY • OCT. 19                                                                                                                                                                    | TUESDAY • OCT. 20                                                                                                                                                                        | WEDNESDAY • OCT. 21                                                                                                                                            | THURSDAY • OCT. 22                                                                                                                                                                                  | FRIDAY • OCT. 23                                                                                                                                                                                                  |
| <b>B:</b> *Honey Nut Cheerios; yogurt; Craisins; 100% juice; milk<br><br><b>L:</b> *Grilled chicken sandwich; watermelon; celery sticks; carrot sticks; ranch & BBQ sauce; milk     | <b>B:</b> *Cocoa bread; diced pears; 100% juice; milk<br><br><b>L:</b> *Hot dog on a bun; orange smiles; green beans; ketchup & mustard; milk                                            | <b>B:</b> *Donut hole cup; mixed fruit; 100% juice; milk<br><br><b>L:</b> *Chicken noodle soup; dinner roll; mixed vegetables; fresh pear; milk                | <b>B:</b> *Trix muffin; diced peaches; 100% juice; milk<br><br><b>L:</b> *Cheese pizza; romaine lettuce; cucumber slices; grapes; ranch; milk<br><br><b>Parent-Teacher Conferences 5:30-7:30 PM</b> | <b>B:</b> *Nature Valley apple cinnamon bar; applesauce; milk<br><br><b>L:</b> *Maple pancake on a stick; hash brown patty; apple slices; syrup & ketchup; milk<br><br><b>HALF DAY • Conferences 1:30-3:30 PM</b> |
| MONDAY • OCT. 26                                                                                                                                                                    | TUESDAY • OCT. 27                                                                                                                                                                        | WEDNESDAY • OCT. 28                                                                                                                                            | THURSDAY • OCT. 29                                                                                                                                                                                  | FRIDAY • OCT. 30                                                                                                                                                                                                  |
| <b>B:</b> Banana bread; applesauce; 100% juice; milk<br><br><b>L:</b> *BBQ pulled pork sandwich; baked beans; carrot sticks; pineapple; milk                                        | <b>B:</b> *Glazed donut; diced apples; 100% juice; milk<br><br><b>L:</b> *Cheese Bosco sticks; steamed broccoli bites; marinara; tropical fruit salad; milk                              | <b>B:</b> *Chocolate chunk banana bar; mixed fruit; 100% juice; milk<br><br><b>L:</b> *Taco pizza; shredded lettuce; salsa; Fiesta Mexican beans; grapes; milk | <b>B:</b> *Cocoa Puff Bar; diced pear; 100% juice; milk<br><br><b>L:</b> *Meatballs & gravy; brown rice; sugar snap peas; orange smiles; milk                                                       | <b>B:</b> *Scooby Grahams; yogurt cup; diced peaches; 100% juice; milk<br><br><b>L:</b> *Waffle; cheese omelet; mixed peppers; apple; syrup; milk                                                                 |

\* Whole-grain ingredients used in starred products. All meals include a choice of milk. Fresh vegetables are offered daily when available. Menu subject to change without notice.

Milk only: \$0.75 | Adult breakfast: \$3.25 | Adult lunch: \$5.50 | Food Service Supervisor: Jenna Vekaryasz • 989.734.9164 • jenna.vekaryasz@rcashurons.org

Meals are planned and served to meet USDA K-5 school meal patterns. Rogers City Area Schools is an Equal Opportunity Provider.