

ROGERS CITY HIGH SCHOOL | OCTOBER 2026 MENU

FREE BREAKFAST & LUNCH • Breakfast before school + breakfast cart between 1st & 2nd hours in the high school hallway • No lunch on half days

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			OCT. 1 BREAKFAST: Choice of: Chocolate Chip Muffin, Assorted Breakfast Bars, String Cheese, Yogurt, Banana, Pear & Juice LUNCH: *Meatballs and Gravy, Brown Rice, Baby Corn, Orange Smiles, Milk	OCT. 2 BREAKFAST: Choice of: Grape or Chocolate Crescent Roll, Assorted Donuts, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice LUNCH: Pizza, Mixed Greens, Fresh Fruit, Milk
OCT. 5 BREAKFAST: Choice of: Breakfast Pizza, Assorted Muffins, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice LUNCH: *Corn Dog, Cheez-It, Baked Beans, Applesauce, Fresh Fruit, Milk	OCT. 6 BREAKFAST: Choice of: Pancakes, Egg Bites, Assorted Cereal, String Cheese, Yogurt, Mixed Fruit Cups & Juice LUNCH: *Pepperoni Pizza, Mixed Greens, Fresh Fruit, Milk	OCT. 7 BREAKFAST: Choice of: Breakfast Sandwich, Assorted Pop-Tarts, Yogurt, String Cheese, Fresh Fruit & Juice LUNCH: *Chicken Nuggets, Oven Baked Fries, Grapes, Milk	OCT. 8 BREAKFAST: Choice of: Frudels, Assorted Breakfast Bars, String Cheese, Yogurt, Banana, Pear & Juice LUNCH: *Grilled Cheese, Tomato Soup, Watermelon, Milk	OCT. 9 BREAKFAST: Choice of: Pancake on a Stick, Assorted Donuts, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice LUNCH: *Pizza, Mixed Greens, Fresh Fruit, Milk
OCT. 12 BREAKFAST: Choice of: Maple Waffle w/ Sausage Links, Assorted Muffins, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice LUNCH: *Orange Chicken, Brown Rice, Fortune Cookie, Sugar Snap Peas, Fresh Fruit, Milk	OCT. 13 BREAKFAST: Choice of: Biscuit and Gravy, Assorted Cereal, String Cheese, Yogurt, Mixed Fruit Cups & Juice LUNCH: *Spaghetti w/ Meat Sauce, Diced Peaches, Fresh Fruit, Milk	OCT. 14 BREAKFAST: Choice of: Banana, Blueberry or Cocoa Bread, Yogurt, String Cheese, Fresh Fruit & Juice LUNCH: *Walking Taco, Refried Beans, Fresh Fruit, Milk	OCT. 15 BREAKFAST: Choice of: Cinnamon Roll, Assorted Breakfast Bars, String Cheese, Yogurt, Banana, Pear & Juice LUNCH: *Chicken Tenders, Mashed Potato, Corn, Pineapple, Milk	OCT. 16 BREAKFAST: Choice of: Breakfast Tornado, Assorted Donuts, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice LUNCH: *Pizza, Mixed Greens, Fresh Fruit, Milk
OCT. 19 BREAKFAST: Choice of: French Toast, Hash Brown, Assorted Muffins, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice LUNCH: *Cheese Quesadilla, Mexican Fiesta Beans, Watermelon, Milk	OCT. 20 BREAKFAST: Choice of: Apple Cinnamon Oatmeal Bar, Assorted Cereal, String Cheese, Yogurt, Mixed Fruit Cups & Juice LUNCH: *Hot Dog on a Bun, Goldfish Crackers, Green Beans, Fresh Fruit, Milk	OCT. 21 BREAKFAST: Choice of: Bagel, Scrambled Eggs, Assorted Pop-Tarts, Yogurt, String Cheese, Fresh Fruit & Juice LUNCH: *Chicken Noodle Soup, Dinner Roll, Mixed Vegetables, Diced Pears, Milk	OCT. 22 BREAKFAST: Choice of: Breakfast Pocket, Assorted Breakfast Bars, String Cheese, Yogurt, Banana, Pear & Juice LUNCH: *Nachos, Shredded Lettuce, Grapes, Milk Parent-Teacher Conferences • 5:30-7:30 PM	OCT. 23 BREAKFAST: Choice of: Iced Donut, Parfait, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice LUNCH: NO LUNCH - HALF DAY HALF DAY • Conferences 1:30-3:30 PM
OCT. 26 BREAKFAST: Choice of: Cinnamon Toast Crunch Bar, Assorted Muffins, Yogurt, String Cheese, Cinnamon Applesauce, Fresh Fruit & Juice LUNCH: *BBQ Pulled Pork Sandwich, Scooby Grahams, Baked Beans, Fresh Fruit, Milk	OCT. 27 BREAKFAST: Choice of: Sausage Biscuit, Assorted Cereal, String Cheese, Yogurt, Mixed Fruit Cups & Juice LUNCH: *Bosco Sticks, Steamed Broccoli, Tropical Fruit Salad, Milk	OCT. 28 BREAKFAST: Choice of: Mini Strawberry Bagel w/ Cream Cheese, Assorted Pop-Tarts, Yogurt, String Cheese, Fresh Fruit & Juice LUNCH: *Chicken Drumstick, Mashed Potato, Breadstick, Fresh Fruit, Milk	OCT. 29 BREAKFAST: Choice of: Chocolate Chip Muffin, Assorted Breakfast Bars, String Cheese, Yogurt, Banana, Pear & Juice LUNCH: *Meatballs and Gravy, Brown Rice, Baby Corn, Orange Smiles, Milk	OCT. 30 BREAKFAST: Choice of: Grape or Chocolate Crescent Roll, Assorted Donuts, String Cheese, Yogurt, Diced Peaches, Fresh Fruit & Juice LUNCH: Pizza, Mixed Greens, Fresh Fruit, Milk
ADDITIONAL HOT & COLD OPTIONS			SMART SNACKS	PRICING
MON	TUE	WED	THU	FRI
HOT: Cheeseburger COLD: Parfait	HOT: Chicken Sandwich COLD: Grapes & Cheese	HOT: Hamburger COLD: Ham & Turkey Wraps	HOT: Chicken Sandwich COLD: Lunchables	HOT: Cook's Choice COLD: Cook's Choice
AVAILABLE WHILE SUPPLIES LAST				
* = Whole grain ingredients used in this product			All meals are served with a choice of milk	
Fresh vegetables served daily (sometimes right from our school garden!)			Menu subject to change without notice	