

ROGERS CITY HIGH SCHOOL MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Choice of: Breakfast Pizza, Blueberry, Chocolate or Cinnamon Muffin, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage Egg Muffin, Mini Donuts, Pop tart, String Cheese, Yogurt, Fresh Fruit and Juice	Choice of: Pancakes, Sausage Link, Hash Brown, Cinnamon Toast Crunch Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Mini Pancake Sausage Bites, Cinnamon Roll, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Assorted Frudels, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
	*Meatballs and Marinara Sauce, Garlic Toast, Romaine Lettuce, Red Grapes	*Footlong HotDog, Goldfish Crackers, Green Beans & Mandarin Oranges	*Cheeseburger Potato Wedges, Chocolate Chip Cookie, Fresh Fruit	*Sweet and Sour Chicken, Brown Rice, Mixed Vegetables & ,Apple Slices	*Nacho/Taco/Walking Taco, Shredded lettuce, Salsa Cup, Fresh Fruit

	TUESDAY	WEDNESDAY	FRIDAY
Week 2	Choice of: Breakfast Pizza, Blueberry, Chocolate or Cinnamon Muffin, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage Egg Muffin, Mini Donuts, Pop tart, String Cheese, Yogurt, Fresh Fruit and Juice	Choice of: Breakfast Tornos, Assorted Frudels, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
	*Polish Dog, Chez-its, Baked Beans, Orange Smiles	* Corndog, Fried Green Beans, Baked Cheetos, Diced Pears	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit, Choice of Dressing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3	Choice of: Breakfast Pizza, Blueberry, Chocolate or Cinnamon Muffin, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage Egg Muffin, Mini Donuts, Pop tart, String Cheese, Yogurt, Fresh Fruit and Juice	Choice of: Pancakes, Sausage Link, Hash Brown, Cinnamon Toast Crunch Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Mini Pancake Sausage Bites, Cinnamon Roll, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Assorted Frudels, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
	*3 Cheese Mac and Cheese, Garlic Bread Stick, Baby Carrots, Tropical Fruit	*Pizza or Cheese Bosco Sticks, Marinara Sauce, Romaine Lettuce, Fresh Fruit	*Chicken and Waffles, Hash Brown Bites, Syrup Cup, Cinnamon Applesauce	*Spinach Chicken Dip, Tortilla Chips Mixed Greens, Orange Smiles	*Nacho/Taco/Walking Taco, Shredded lettuce, Salsa Cup, Fresh Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4	Choice of: Breakfast Pizza, Blueberry, Chocolate or Cinnamon Muffin, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage Egg Muffin, Mini Donuts, Pop tart, String Cheese, Yogurt, Fresh Fruit and Juice	Choice of: Pancakes, Sausage Link, Hash Brown, Cinnamon Toast Crunch Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Mini Pancake Sausage Bites, Cinnamon Roll, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Assorted Frudels, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
	*Fish and Chips, Tartar Sauce, Shredded Lettuce, Applesauce	*Sloppy Joe on a Bun, Sun Chips, Sweet Corn, Fresh Fruit	*Buffalo Chicken Dip, Tortilla Chips, Fresh Vegetables, Watermelon	*Soft Pretzel, Cheese Cup, Go-Gurt, Salad Bar, Choice of Fruit	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit, Choice of Dressing

< > March 2025

Su	Mo	Tu	We	Th	Fr	Sa
23	24	25	26	27	28	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

< > April 2025

Su	Mo	Tu	We	Th	Fr	Sa
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

Week 4
Week 1
Week 2
Week 3
Week 4

< > May 2025

Su	Mo	Tu	We	Th	Fr	Sa
27	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	2	3	4			

Week 4
Week 1
Week 2
Week 3
Week 4

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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