

ROGERS CITY HIGH SCHOOL MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Choice of: Breakfast Pizza,	Choice of: Sausage Biscuit, Mini	Choice of: Waffles, French Toast,	Choice of: Stuffed Hash Browns,	Choice of: Breakfast Tornados, Coco Puff
	Billenerry Chocolate or Cinnamon	•	Cheese Omelet, Assorted Cereal	Mini Pancakes Sausage Bites, String	or Cinnamon Toast Crunch Bar, String
	Muffin, Cinnamon Applesauce, Fresh	Donuts, Pop tart, String Cheese,	Yogurt, Fresh Fruit and Juice Bar, String Cheese, Yogurt, Mixed		Cheese, Yogurt, Diced Peaches, Fresh
	Fruit & Juice	roguit, Fresii Fruit and Juice	Fruit Cups & Juice	Juice	Fruit and Juice
	*Cheese Enchiladas, Re-fried Beans, *Danna Be	*Penna Pasta, w/ Alfredo Sauce,	*General Chicken, Brown Rice, Stir	*Boneless Chicken Bites, Sweet	*Nacho/Taco/Walking Taco,
	Salsa Cup, Shredded Lettuce, Red	,	, , , , , , , , , , , , , , , , , , , ,	Corn, Red Skin Potatoes, Diced	Shredded lettuce, Salsa Cup,
	Grapes	Breadstick, Orange Smiles	Fried Vegetables	Pears, Ranch Cup	Fresh Fruit
	Grapes	Broadouok, Grango Grimos	Thou vogotables	Pears, Ranch Cup	Fresh Fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of: Breakfast Pizza, Blueberry, Chocolate or Cinnamon	Rugherry Chocolate or Cinnamon Choice of: Sausage Biscuit, Mini		Choice of: Stuffed Hash Browns, Mini Pancakes Sausage Bites, String	Choice of: Breakfast Tornados, Coco Puff or Cinnamon Toast Crunch Bar, String
	Muffin, Cinnamon Applesauce, Fresh Fruit & Juice	Donuts, Pop tart, String Cheese, Yogurt, Fresh Fruit and Juice	Cheese Omelet, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Cheese, Yogurt, Banana, Pear and Juice	Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
	*Chicken Wings, Onion Rings, Buffalo Sauce, Fresh Fruit	*Lasagna, Mixed Greens, Dinner Roll, Red Grapes, Italian Dressing	*Grilled Ham & Cheese, Tomato Soup, Fresh Fruit	*Italian Beef Calzone, Baby Carrots, Apple Slices, Ranch Cup	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit, Choice of Dressing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week 3	Choice of: Breakfast Pizza,	Choice of: Sausage Biscuit, Mini	Choice of: Waffles, French Toast,	Choice of: Stuffed Hash Browns,	Choice of: Breakfast Tornados, Coco Puff	
	Richarry Chocolate or Cinnamon	Donuts, Pop tart, String Cheese,	Cheese Omelet, Assorted Cereal	Mini Pancakes Sausage Bites, String	or Cinnamon Toast Crunch Bar, String	
	Muffin, Cinnamon Applesauce, Fresh	Yogurt, Fresh Fruit and Juice	Bar, String Cheese, Yogurt, Mixed	Cheese, Yogurt, Banana, Pear and	Cheese, Yogurt, Diced Peaches, Fresh	
	Fruit & Juice	roguit, Flesh Fluit and Juice	Fruit Cups & Juice	Juice	Fruit and Juice	
	*Taco Pizzas, Refried Beans,	*Turkov & Grave Machad Potatoos	*Mac & Cheese Bites, Mixed Greens,	*Chicken Nuggets, Oven Baked	*Nacho/Taco/Walking Taco,	
	Shredded Lettuce, Salsa Cup,		Sliced Strawberries, French Dressing		Shredded lettuce, Salsa Cup,	
	Pineapple Tidbits	Corn, biscuit, Orange Smiles	Silced Strawberries, French Dressing	Ketchup	Fresh Fruit	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week 4	Choice of: Breakfast Pizza,	Choice of: Sausage Biscuit, Mini	Choice of: Sausage Risquit Mini Choice of: Waffles, French Toast,		Choice of: Breakfast Tornados, Coco Puff	
	Richarry Chacalate or Cinnamon	Donuts, Pop tart, String Cheese,	Cheese Omelet, Assorted Cereal	Mini Pancakes Sausage Bites, String	or Cinnamon Toast Crunch Bar, String	
	Muffin, Cinnamon Applesauce, Fresh	Yogurt, Fresh Fruit and Juice	Bar, String Cheese, Yogurt, Mixed	Cheese, Yogurt, Banana, Pear and	Cheese, Yogurt, Diced Peaches, Fresh	
	Fruit & Juice	roguit, riesiri fuit and suice	Fruit Cups & Juice	Juice	Fruit and Juice	
	*Chicken & Cheese Crispitos, Tortilla		*Fish Sandwich, Onion Rings,	*Mini Beef Ravioli, Breadstick,	*Pizza Bar,	
	Chips, Mixed Peppers, Diced Pears	*Hot Dog on a Bun, Baked Beans,	Cauliflower, Bites, Diced Peaches,	Romaine Lettuce, Mandarin	Mixed Greens,	
		Mixed Fruit, Ketchup and Mustard	Tartar Sauce, Ketchup	Oranges, French Dressing	Fresh Vegetables,	
			Tariai Sauce, Neichup	Oranges, French Dressing	Fresh Fruit, Choice of Dressing	

* = 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!

< > December 2024

	Su	Мо	Tu	We	Th	Fr	Sa
Week 1	1	2	3	4	5	6	7
Week 2	8	9	10	11	12	13	14
Week 3	15	16	17	18	19	20	21
Week 4	22	23	24	25	26	27	28
	29	30	31	1	2	3	4
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Su Mo Tu We Th F

	Su	Mo	Tu	We	Th	Fr	Sa
	29	30	31	1	2	3	4
Week 1	5	6	7	8	9	10	11
Week 2	12	13	14	15	16	17	18
Week 3	19	20	21	22	23	24	25
	26	27	28	29	30	31	1
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< > February 2025

	Su	Мо	Tu	We	Th	Fr	Sa
	26	27	28	29	30	31	1
Week 1	2	3	4	5	6	7	8
Week 2	9	10	11	12	13	14	15
Week 3	16	17	18	19	20	21	22
Week 4	23	24	25	26	27	28	1
	2	3	4	5	€	•	

Pricing:

Milk Only: \$.50 Adult Breakfast: \$3.01 Adult Lunch: \$5.13 Smart Snacks are available for purchase

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)