



# ROGERS CITY HIGH SCHOOL MENU



Week 1

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

Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of: Breakfast Pizza, Blueberry, Chocolate or Cinnamon Muffin, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage Biscuit, Mini Donuts, Pop tart, String Cheese, Yogurt, Fresh Fruit and Juice	Choice of: Waffles, French Toast, Cheese Omelet, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Stuffed Hash Browns, Mini Pancakes Sausage Bites, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Coco Puff or Cinnamon Toast Crunch Bar, String 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

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of: Breakfast Pizza, Blueberry, Chocolate or Cinnamon Muffin, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage Biscuit, Mini Donuts, Pop tart, String Cheese, Yogurt, Fresh Fruit and Juice	Choice of: Waffles, French Toast, Cheese Omelet, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Stuffed Hash Browns, Mini Pancakes Sausage Bites, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Coco Puff or Cinnamon Toast Crunch Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
*Taco Pizzas, Refried Beans, Shredded Lettuce, Salsa Cup, Pineapple Tidbits	*Turkey & Gravy, Mashed Potatoes, Corn, Biscuit, Orange Smiles	*Mac & Cheese Bites, Mixed Greens, Sliced Strawberries, French Dressing	*Chicken Nuggets, Oven Baked Fries, Mixed Fruit, BBQ Sauce, Ketchup	*Nacho/Taco/Walking Taco, Shredded lettuce, Salsa Cup, Fresh Fruit

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choice of: Breakfast Pizza, Blueberry, Chocolate or Cinnamon Muffin, Cinnamon Applesauce, Fresh Fruit & Juice	Choice of: Sausage Biscuit, Mini Donuts, Pop tart, String Cheese, Yogurt, Fresh Fruit and Juice	Choice of: Waffles, French Toast, Cheese Omelet, Assorted Cereal Bar, String Cheese, Yogurt, Mixed Fruit Cups & Juice	Choice of: Stuffed Hash Browns, Mini Pancakes Sausage Bites, String Cheese, Yogurt, Banana, Pear and Juice	Choice of: Breakfast Tornos, Coco Puff or Cinnamon Toast Crunch Bar, String Cheese, Yogurt, Diced Peaches, Fresh Fruit and Juice
*Chicken & Cheese Crisпитos, Tortilla Chips, Mixed Peppers, Diced Pears	*Hot Dog on a Bun, Baked Beans, Mixed Fruit, Ketchup and Mustard	*Fish Sandwich, Onion Rings, Cauliflower, Bites, Diced Peaches, Tartar Sauce, Ketchup	*Mini Beef Ravioli, Breadstick, Romaine Lettuce, Mandarin Oranges, French Dressing	*Pizza Bar, Mixed Greens, Fresh Vegetables, Fresh Fruit, Choice of Dressing

< > December 2024

Su	Mo	Tu	We	Th	Fr	Sa
	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						



< > January 2025

Su	Mo	Tu	We	Th	Fr	Sa
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	31	1

< > February 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	1
2	3	4	5	6	7	8

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)