

Rogers International

Supper

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- Supper**
- Nachos, Cheese, & Salsa Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

2

- Supper**
- Italian Hoagie
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

3

- Supper**
- Strawberry Nutrigrain Bar
 - Graham Crackers
 - Fruit & Dairy Snack Trio
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

6

- Supper**
- Fresh Carrots
 - Muffin, Goldfish & Yogurt Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

7

- Supper**
- Bagel w/ Yogurt, Cheese, & Carrots
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

8

- Supper**
- Nachos, Cheese, & Salsa Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

9

- Supper**
- Italian Hoagie
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

10

- Supper**
- Bagel w/ Yogurt, Cheese, & Carrots
 - Nachos, Cheese, & Salsa Fun Lunch
 - Italian Hoagie
 - Chicken Caesar Salad
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

13

- Supper**
- Strawberry Nutrigrain Bar
 - Graham Crackers
 - Fruit & Dairy Snack Trio
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

14

- Supper**
- Bagel w/ Yogurt, Cheese, & Carrots
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

15

- Supper**
- Nachos, Cheese, & Salsa Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

16

- Supper**
- Turkey, Turkey Ham, & Cheese Sub
 - Fresh Carrots
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

17

- Supper**
- Bagel w/ Yogurt, Cheese, & Carrots
 - Nachos, Cheese, & Salsa Fun Lunch
 - Chicken Caesar Salad
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

20

- Supper**
- Muffin, Yogurt & Cheese Fun Lunch
 - Fresh Carrots
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Syrup

21

- Supper**
- Bagel w/ Yogurt, Cheese, & Carrots
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Syrup

22

- Supper**
- Nachos, Cheese, & Salsa Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Syrup

23

- Supper**
- Strawberry Nutrigrain Bar
 - Graham Crackers
 - Fruit & Dairy Snack Trio
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk

24

- Supper**
- Chicken Caesar Salad
 - Bagel w/ Yogurt, Cheese, & Carrots
 - Nachos, Cheese, & Salsa Fun Lunch
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Light Cream Cheese

27

- Supper**
- Yogurt, Muffin & Cheese Fun Lunch
 - Fresh Carrots
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Syrup

28

- Supper**
- Bagel w/ Yogurt, Cheese, & Carrots
 - Fresh Whole Fruit
 - Apple Juice
 - Orange Juice
 - Grape Juice
- Milk & Condiments**
- 1% Low-fat Milk
 - Syrup

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

ALL MEALS INCLUDE CHOICE OF ENTREE OR ALTERNATE ENTREE; FRUIT AND/OR VEGETABLE; MILK CHOICE - WHITE OR CHOCOLATE
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