



Rogers STEM Academy LUNCH MENU



Breakfast and Lunch is Free for all Students!
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a fruit and/or vegetable with each lunch.
All Meals served with milk.
Sunbutter and Jelly and Vegetarian Meals served daily.

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| <p>29</p> <p>WELCOME BACK</p> | <p>30</p> <p>HAVE A GREAT YEAR!</p> | <p>31</p> <ul style="list-style-type: none"> -Buffalo Chicken Mac & Cheese -Mac and Cheese V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Turkey & Cheese Sandwich -Cucumber & Carrots Bananas & Apples | <p>1</p> <ul style="list-style-type: none"> -General Tso's Popcorn Chicken with Fried Rice -General Tso's Tofu Steak with Rice -Pizza Cruncher V -Hummus Platter V -Honey Mustard Chicken Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup | <p>2</p> <p>LABOR DAY RECESS NO SCHOOL</p> |
| <p>5</p> <p>LABOR DAY NO SCHOOL</p> | <p>6</p> <p>PRIMARY ELECTION NO SCHOOL</p> | <p>7</p> <ul style="list-style-type: none"> -Chicken Parm with Penne -Pizza Crunchers V -Greek Salad with Flatbread LG V -Chicken Salad Sandwich on a Bulkie Roll -Cucumber & Carrots Bananas & Apples | <p>8</p> <ul style="list-style-type: none"> -Szechuan Chicken with Rice -Szechuan Tofu with Rice -Yogurt & Fruit Power Pack V -Greek Chicken Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup | <p>9</p> <ul style="list-style-type: none"> -Cheese Pizza V -Pepperoni Pizza -Greek Salad with Flatbread LG -Chicken Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad Apples & Bananas |
| <p>12</p> <ul style="list-style-type: none"> -Loaded Baked Potato and Corn Muffin -Broccoli Cheddar Loaded Baked Potato and Dinner Roll V -Chicken Ranch Salad with Flatbread LG -Ham & Cheese Sandwich -Broccoli & Carrots Apples and Pears | <p>13</p> <ul style="list-style-type: none"> -Tater Tot Beef Nacho (Totchos) -Tater Tot Black Bean Nacho V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pizza Platter V -Chicken Caesar Wrap -Kickin Beans & Broccoli Clementines & Apples | <p>14</p> <ul style="list-style-type: none"> -Shepherd's Pie with Dinner Roll -Fish and "Chips" with Coleslaw, Dinner Roll and Tartar Sauce -Vegetarian Nuggets and "Chips" with Coleslaw, Dinner Roll V -Chef Salad with Flatbread LG -Ham & Cheese Sandwich -Cucumber & Carrots Bananas & Apples | <p>15</p> <ul style="list-style-type: none"> -Chicken & Vegetable Dumplings with Fried Rice -General Tso's Tofu Steak with Fried Rice V -Chicken Parm Sub -Pizza Platter V -Chicken Caesar Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup | <p>16</p> <ul style="list-style-type: none"> -Cheese Pizza V -BBQ Chicken Pizza -Chicken Ranch Salad with Flatbread LG -Ham & Cheese Sandwich -Red Pepper Strips & Side Salad Apples & Bananas |
| <p>19</p> <ul style="list-style-type: none"> -Chicken & Waffle with Maple Gravy -Pizza Crunchers V -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Maple Carrots & Green Beans Apples & Pears | <p>20</p> <ul style="list-style-type: none"> -Chicken Carnitas Taco with 6" Tortilla Wrap -Black Bean Burger V -Hamburger & Cheeseburger -Pretzel Power Pack V -Turkey Bahn Mi Sandwich -Kickin Beans & Broccoli Oranges & Apples | <p>21</p> <ul style="list-style-type: none"> -Penne Bolognese with Parmesan -Chicken Tenders with a Dinner Roll -Mediterranean Hummus Salad with Flatbread LG V -Tuna Salad Sandwich on a Bulkie Roll -Cucumbers & Carrots Bananas & Apples | <p>22</p> <ul style="list-style-type: none"> -Chicken Tikka Masala with Chana Masala with Tzatziki Sauce and Tomato Cucumber Salad -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pretzel Power Pack V -Turkey Bahn Mi Sandwich -Green Beans & Carrots Pears & Fresh Fruit Cup | <p>23</p> <ul style="list-style-type: none"> -Cheese Pizza V -Buffalo Chicken Pizza -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad Apples & Bananas |
| <p>26</p> <ul style="list-style-type: none"> -Country Chicken Bowl with Corn Muffin -Country Vegetarian Nugget Bowl with Flatbread LG V -Meatball Sub -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Maple Carrots & Tator Tots Apples & Peaches | <p>27</p> <ul style="list-style-type: none"> -Beef Nachos with Tortilla Chips -Kickin Bean Nachos with Tortilla Chips -Bagel Power Pack V -Moroccan Harissa Wrap -Kickin Beans & Broccoli Oranges & Strawberries | <p>28</p> <ul style="list-style-type: none"> -Lok Lak with Rice -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Italian Sub -Cucumbers & Carrots Bananas & Apples | <p>29</p> <ul style="list-style-type: none"> -Chili Garlic Popcorn Chicken Lo Mein -Pizza Cruncher V -Bagel Power Pack V -Moroccan Harissa Wrap -Green Beans & Carrots Strawberries & Fresh Fruit Cup | <p>30</p> <ul style="list-style-type: none"> -Cheese Pizza V -Loaded Baked Potato Pizza LG -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Red Pepper Strips & Side Salad Apples & Bananas |