

Appetizers

Note: All appetizers are served with choice of 1 sauce: cheese, bbq, pizza, ranch hot sauce, Mexican, buffalo ranch, salsa, sour cream, mayo, or sweet and sour
extra sauce is additional 0.25

French Fries	1.25
Curly Fries	1.50
Battered Green Beans.....	1.75
Egg Rolls (2).....	2.00
Onion Rings	2.00
Mini Tacos (10).....	2.25
Mozzarella Sticks (5)	2.50
Raviolis (5).....	2.50
Broccoli Bites (5).....	2.50
Chicken Strips	3.00
Buffalo Strips.....	3.25
Combo Plate.....	4.75
Combo Plate Includes: a chicken strip, mini tacos, chicken fries, raviolis, broccoli bites, onion rings, mozzarella sticks, green beans, and a choice of 3 sauces	

Fish

Fish and Fries.....	3.75
our fish is hand breaded Pollock	
Fish Burger.....	2.50
Breaded cod square served on toasted bun with tartar sauce and lettuce	
Shrimp Pieces and Fries.....	3.75

Specialties

Served with potato chips and pickle spear
Fries may be substituted for chips for an additional 1.00
Note: un-breaded roasted chicken available request

Chicken Wrap	3.50
large soft tortilla filled with chicken strips, lettuce, cheddar cheese, tomato, parmesan cheese and ranch dressing	
Caesar Chicken Pita	3.50
pita filled with chicken strips, romaine lettuce, cheddar cheese, tomato, parmesan cheese and creamy caesar dressing	
Gyro	3.50
pita filled with lamb/beef, sautéed green pepper and onion, lettuce, tomato and tzatziki sauce	
Steak Melt	3.50
sliced sirloin steak with sautéed green pepper and onion, topped with Swiss/American cheese served on a herb focaccia bun	

Burgers

Served on a toasted bun with pickle slices
Choice of cheese: American, Swiss/American or Pepper Jack

	Single	Double	Triple
Hamburger	1.75	2.75	3.75
Cheeseburger	2.00	3.25	4.50
California	2.00	3.25	4.50
California			
Cheeseburger ...	2.50	3.75	5.00
Bacon			
Cheeseburger	2.75	4.50	6.25
Deluxe	3.25	5.00	6.75
(California bacon cheese burger)			
Chicken Burger			2.25
(lettuce and dressing)			
Buffalo Chicken Burger.....			2.75
(ranch dressing, swiss american cheese, and lettuce)			
Chicken Ranch Burger			3.25
(ranch dressing, cheese, lettuce, bacon)			
Note: choice of crispy fried chicken or grilled chicken			

Salads

Salads served with choice of dressing:
French, Ranch, Light Ranch, Italian, Caesar or Balsamic Vinaigrette
Note: un-breaded roasted chicken available request

Chef Salad.....	3.50
crisp lettuce topped with ham, turkey, cheddar cheese, tomato, egg, and croutons	
Tossed Salad	2.00
crisp lettuce topped with tomato, cucumber, cheese, and croutons	
Caesar Salad.....	2.75
romaine lettuce topped with parmesan cheese, croutons, tomatoes, and cheddar cheese	
w/chicken	3.50
Chicken Ranch Salad	3.50
crisp lettuce topped with chicken strips, cheddar cheese, tomato, our own crispy tortilla chips, and ranch dressing on the side	
Oriental Chicken Salad	3.50
mixed greens topped with chicken strips, chow mein noodles, sliced almonds and oriental dressing on the side	
Veggies and Dip.....	2.50
assorted fresh vegetables with our own dill dip	

Pizza

All pizzas 2.50

Pepperoni	Cheese
BBQ Chicken	Chicken Bacon Ranch
Philly Cheese Steak	Buffalo Chicken

All American Sandwiches

All sandwiches are served with potato chips and a pickle spear.
French Fries may be substituted for chips for an additional 1.00
Note: White or whole wheat bread is available

Clubhouse	3.75
triple decker with ham, turkey, cheese, bacon, lettuce and tomato on toast	
BLT.....	2.75
Denver	3.25
2 eggs, diced ham, green pepper, and onion on toast	
Turkey Bacon Melt.....	3.25
sliced turkey with bacon, American and Swiss/American cheese on grilled whole wheat	

Patty Melt	3.50
quarter pounder with fried onions, American and Swiss/American cheese on grilled whole wheat	
Grilled Cheese	2.25
Grilled Ham and Cheese.....	2.75

Sweets

Brownie	1.25
Brownie Sundae.....	2.50
brownie topped with ice cream, hot fudge, caramel, and whipped cream	
Caramel Roll.....	1.50

Eggs, Eggs, Eggs!

White or whole wheat toast is available

2 eggs (any style) and toast	1.50
3 egg omelet and toast.....	3.50
choice of fillings: cheese, ham, bacon, onion, green pepper, tomato, mushrooms	
Breakfast Muffin.....	1.95
egg, cheese, sausage served on a whole wheat english muffin	
“Ranger Rock French Toast”	2.50
our caramel roll dipped in egg and browned to perfection	
Breakfast Burrito w/seasoned potato rounds....	3.75
2 eggs scrambled with sausage, green pepper, onion, cheddar cheese, rolled in a flour tortilla served with sour cream and taco sauce	
Toast	0.95
English Muffin (whole wheat only)	0.95
Bacon, 3 slices	1.25

Beverages

Pop (served in a can)	0.75
Coke, Diet Coke, Diet Root Beer, Diet Dr. Pepper, Diet Mt. Dew	
Smoothies.....	2.00
Orange, Strawberry, or Peach Contains fat free/low fat yogurt, skim milk, and stevia	
Green Smoothie	2.00
Contains spinach, strawberries or peaches, and stevia	
Shake or Malt.....	2.50
vanilla, chocolate, caramel, strawberry, hot fudge, or cookie	
Float	1.75
vanilla ice cream with any flavor pop	
Orange Juice.....	0.95
Milk (skim only)	0.95
Coffee.....	0.95

*Tips are accepted and will be
distributed to all students
at the end of the year.*

So ALL students may partake,
the menu and ingredients
may change due to the
implementation of the
Smart Snack initiative
in the schools

RANGER ROCK CAFÉ

Hours of Operation:

Tuesday - Friday
8:15 am –11:30 am / 12:30 pm –2:00 pm

Last seating at 11:15 and 1:45

CLOSING AT 1:30 ON FRIDAYS

View our website at:

<http://www.foodocc.com>

or

http://www.mib.k12.mn.us/activities/ranger_rock_cafe

Take out is available. Please call us at:

218-735-8271 ext.1010

Food Occupations is located in the Mt. Iron/Buhl
High School and is operated by students from MIB,
Virginia, and Eveleth/Gilbert High Schools

MENU AND PRICES SUBJECT
TO CHANGE WITHOUT NOTICE
2016-2017