

ROCKFORD CHRISTIAN SCHOOL









APRIL 2019

MEAL PRICE: \$2.60

This institution is an equal opportunity provider and employer. For any questions & information contact Jill at: jzondag@grcs.org

Milk Only .50

Milk is included with lunch. 1% Chocolate, 1% White milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>APR 8 Hot Dog on Bun, Baked Chips, Baked Beans, Fruit Choice, Ice Cream Cups</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p>	 <p>APR 9 Chicken &amp; Waffles, Syrup, Sunny Corn, Watermelon</p> <p>2 WARM PRETZEL &amp; CHEESE 3 YOGURT PARFAIT</p>	<p>APR 10 Burger with Bacon and Cheese, Lettuce, Tomato, Sidewinder Fries, Fruit Choice</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p>	 <p>APR 11 Dorito Walking Taco Bag, Romaine, Salsa, Cheese, Black Beans and Corn, Fresh Fruit Choice</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p>	<p>APR 12 <i>Flo's</i> Pizza Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>
<p>APR 15 Chicken Drumstick, Whipped Potatoes, Gravy, Honey Glazed Carrots, Dinner Roll, Fruit Choice</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p>	<p>APR 16 Cheese Omelet, Cereal Choice: Cinnamon Toast Crunch or Honey Nut Cheerios, Mini Blueberry Muffin, Fresh Peppers, Apple Juice or Mango Wango Juice</p> <p>2 WARM PRETZEL &amp; CHEESE 3 YOGURT PARFAIT</p>	<p>APR 17 Vanilla Yogurt with Blueberry &amp; Strawberry Cup, Granola, Soft Warm Pretzels, Cheese Cup, Carrots &amp; Celery, Hummus, Dried Cherries</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p>	<p>APR 18 Rotini Beef Pasta, Garden Salad, Cheese, Croutons, Garlic Bread, Fresh Fruit Choice</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p>	<p>APR 19 <i>Flo's</i> Pizza Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>
<p>APR 22 Crispy Breaded Chicken Sandwich, Leaf Lettuce, Snap Peas, Peppers, Hummus, Fruit Choice</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p>	 <p>APR 23 Cinnamon Glazed French Toast, Sausage Link, Potato Choice, Juice and Fruit Choice</p> <p>2 WARM PRETZEL &amp; CHEESE 3 YOGURT PARFAIT</p>	 <p>APR 24 Three Cheese Cavatapi Pasta, Garlic Knots, Steamed Broccoli, Fruit Choice</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p>	<p>APR 25 Sloppy Joe Sliders, Crinkle Fries, Fresh Fruit</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p>	<p>APR 26 <i>Flo's</i> Pizza Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>
<p>APR 29 Dutch Waffle, Strawberry/Blueberry Cup, Whipped Cream, Sausage Links, Mini Yogurt, Mango Wango Juice</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p>	<p>APR 30 Soft Shell Tortilla, Beef Taco Meat, Chips, Cheese Sauce, Romaine, Salsa, Cheese, Black Beans, Corn, Fresh Fruit Choice</p> <p>2 WARM PRETZEL &amp; CHEESE 3 YOGURT PARFAIT</p>	 <p>MAY 1 Chicken Tenders, Steamed Corn, Snow Peas, Carrots, Hummus, Biscuit, Honey, Fruit Choice</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p>	<p>MAY 2 Beef Lasagna Roll, Marinara Sauce, Breadstick, Garden Salad, Cucumbers, Tomatoes, Ranch, Italian Fruit Ice</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p>	<p>MAY 3 <i>Flo's</i> Pizza Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>

GO TO LUNCHAPP.COM TO APPLY FOR FREE/REDUCED LUNCH BENEFITS (CONVENIENT & CONFIDENTIAL). HOT LUNCH IS A PREPAY PROGRAM. YOU MAY DEPOSIT MONEY AT: SENDMONEYTOSCHOOL.COM OR DROP OFF A CHECK AT SCHOOL.

- MONDAY**  
 2 Strawberry Banana Sundae  
 Lucky Charms, Strawberry Banana Yogurt, Sunflower Seeds, Carrots & Pineapple  
 3 Chef Salad  
 Turkey Ham, Tomato, Cheese, Carrots, Edamame, Croutons, Roll, Grapes
- TUESDAY**  
 2 Warm Pretzel & Cheese  
 Pretzel, Cheese Sauce, Fresh Broccoli & Carrots, Mandarin Oranges, Jennie-O Turkey Stick  
 3 Yogurt Parfait  
 Vanilla Yogurt Parfait, Granola, Strawberries, Cool Cuke Slices, Tropical Twist, Sunchips
- WEDNESDAY**  
 2 Turkey Sub Bag  
 Turkey & Cheese Sub, Celery, Hummus, Apple Slices, Mini Rice Krispie treat  
 3 Chef Salad  
 Turkey Ham, Tomato, Cheese, Carrots, Edamame, Croutons, Roll, Grapes
- THURSDAY**  
 2 Munchable Lunchable  
 Ham and Cheese with Crackers, Fruit Choice, Mango Wango Juice, Mini Rice Krispie  
 3 Pillsbury Pancake Bag  
 Pillsbury Pancakes, Cheese Stick, Yogurt, Mango Wango Juice, Strawberries
- FRIDAY**  
 2 Happy Ham Bag  
 Ham & American Cheese on a Sub Bun, Fun Size Chip, Carrots & Celery, Ranch, Fruit Choice  
 3 Chef Salad  
 Turkey Ham, Tomato, Cheese, Carrots, Edamame, Croutons, Roll, Grapes

