

ROCKFORD CHRISTIAN SCHOOL



MAY 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>MAY 6</p> <p>Breaded Chicken Sandwich on Bun, Side Winders Potatoes, Carrots, Fruit Choice</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p>	<p>MAY 7</p> <p>Cinnamon French Toast, Sausage Link, Potato Wedge, Fruit Choice</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p>	<p>MAY 8</p> <p>Beef Dippers, Rice and Roll, Vegetable Choice, Fruit Choice</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p>	<p>MAY 9</p> <p>Three Cheese Cavatapi Pasta, Broccoli, Garlic Knot Roll, Fruit Choice</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p>	<p>MAY 10</p> <p><i>Flo's</i> Pizza Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>
<p>MAY 13</p> <p>Mini Pancakes, Cheese Omelet, Roasted Potatoes, Juice and Fruit Choice</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p>	<p>MAY 14</p> <p>Chicken & Waffle with Syrup, Steamed Corn, Blueberry/Strawberry Cup</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p>	<p>MAY 15</p> <p>Hamburger on Bun, Cheese, Dorito Chips, Carrots, Broccoli, Fresh Strawberries</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p>	<p>MAY 16</p> <p>Lunch Lady Choice Fruit and Veggies Posted, 5/14</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p>	<p>MAY 17</p> <p><i>Flo's</i> Pizza Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>
<p>MAY 20</p> <p>Dutch Waffle, Strawberry/Blueberry Cup, Whipped Cream, Sausage Links, Tator Tots, Juice and Fruit Choice</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p>	<p>MAY 21</p> <p>Rotini Beef Pasta, Garden Salad, Cheese, Croutons, Carrots, Garlic Bread, Fruit Choice</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p>	<p>MAY 22</p> <p>Pretzel Filled with Cheese, Yogurt Cup, Snow Peas, Cucumbers, Hummus, Fresh Watermelon</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p>	<p>MAY 23</p> <p>Lunch Lady Choice Menu will be posted on 5/21 Served with Fruit and Veggies.</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p>	<p>MAY 24</p> <p><i>Flo's</i> Pizza Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>
<p>MAY 27</p> <p>MEMORIAL DAY</p>	<p>MAY 28</p> <p>Hot Dog on Bun, Baked Beans, Ruffle Chips, Fruit Choice</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p>	<p>MAY 29</p> <p>EOY BREAKFAST EXTRAGANZA Variety Pancakes, Waffles, or French Toast, Sausage Links, Fruit Choice, Mango Wango Juice, Muffin Choice</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p>	<p>MAY 30</p> <p>Popcorn Chicken Poppers, Fresh Cucumbers, Carrots with Ranch, Assorted Bread Choice, Fresh Strawberries</p> <p>2 MUNCHABLE LUNCHABLE 3 PILLSBURY PANCAKE BAG</p>	<p>MAY 31</p> <p><i>Flo's</i> Pizza Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>
<p>JUN 3</p> <p>Hot Dog on Bun, Fun Size Chips, Carrots, Celery, Ranch, Watermelon Slice</p> <p>2 STRAWBERRY BANANA SUNDAE 3 CHEF SALAD</p>	<p>JUN 4</p> <p>Breaded Chicken Sandwich, Cherry tomatoes, Red Peppers, Fruit Choice</p> <p>2 WARM PRETZEL & CHEESE 3 YOGURT PARFAIT</p>	<p>JUN 5</p> <p>Bosco Cheese Breadsticks, Marinara, Garden Salad, Croutons, Cheese, Carrots, Ranch, Fruit Choice</p> <p>2 TURKEY SUB BAG 3 CHEF SALAD</p>	<p>JUN 6</p> <p><i>Flo's</i> Pizza Pepperoni/Cheese Pizza, Garden Salad, Fresh Fruit Choice, Frozen Fruit Slushie</p>	<p>JUN 7</p> <p>1/2 DAY SUMMER</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

