



Rockford Elementary Arts Magnet School Lunch Menu

April
2022

Fresh Fruits & Vegetables Available Daily



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				① Spring Break
④ Hamburger on a Bun Grab & Go: Turkey Ranch Wrap Golden French Fries Romaine Lettuce Fresh Fruit Bar	⑤ Hot Ham & Cheese Flatbread Grab & Go: Yogurt Pak with Bagel Steamed Broccoli Red Peppers Fresh Fruit Bar	⑥ BBQ Pulled Pork Sandwich Grab & Go: Pretzel Bites w/Cheese Cubes Baked Beans Cherry Tomato Fresh Fruit Bar	⑦ Crispy Chicken Tenders Whole Grain Dinner Roll Grab & Go: Turkey BLT Wrap Steamed Corn Baby Carrots Fresh Fruit Bar	⑧ Cheese Pizza Grab & Go: Chef Salad Roasted Cauliflower Celery Sticks Fresh Fruit Bar
⑪ Beef Hotdog on a Bun Grab & Go: Beef Taco Salad Steamed Peas Cucumber Slices Fresh Fruit Bar	⑫ Chicken and Cheese Quesadilla Grab & Go: Yogurt Pak with Bagel Black Beans Salsa Romaine Lettuce Fresh Fruit Bar	⑬ Popcorn Chicken Whole Grain Dinner Roll Grab & Go: Chef Salad Mashed Potatoes Steamed Corn Fresh Fruit Bar	⑭ Breakfast Stacker Grab & Go: Crispy Chicken Wrap Munchable Sweet Potato Fries Cucumber Slices Fresh Fruit Bar	⑮ No School
⑱ Crispy Chicken Sandwich Grab & Go: Ham Deli Sub Sandwich Tater Tots Broccoli Salad Fresh Fruit Bar	⑲ Pasta with Meat Sauce Rip Stick Breadstick Grab & Go: Crispy Chicken Wrap Roasted Asparagus Caesar Side Salad Fresh Fruit Bar	⑳ Grilled Cheese Sandwich Homemade Tomato Soup Grab & Go: Yogurt Pak with Pretzel Bites Cucumber Slices Fresh Fruit Bar	㉑ Beefy Nachos & Cheese Sauce Grab & Go: 7 Layer Salad Refried Beans Spring Corn Salad Salsa Fresh Fruit Bar	㉒ Chicken & Gravy Whole Grain Dinner Roll Grab & Go: Turkey Deli Sandwich Green Beans Brown Rice Baby Carrots Fresh Fruit Bar
㉕ Pancakes Syrup Grab & Go: Yogurt Pak with Bagel Easy Egg Bake Breakfast Potatoes Celery Sticks Fresh Fruit Bar	㉖ Beef Soft Shell Tacos Grab & Go: Ham Deli Sandwich LCR Lettuce Salsa Fresh Fruit Bar	㉗ BBQ Chicken Sandwich Grab & Go: Pretzel Bites w/Cheese Cubes Roasted Broccoli Creamy Potato Salad Fresh Fruit Bar Chocolate Chip Cookie	㉘ Italian Stromboli Grab & Go: Beef Taco Salad Steamed Green Beans Baby Carrots Fresh Fruit Bar	㉙ Grilled Ham & Cheese Sandwich Grab & Go: Cold Cut Combo Sub California Blend Vegetable Red/Orange Bell Pepper Fresh Fruit Bar

PRICES	Adult	\$3.85
	Milk	\$.60

EXTRA INFO

Milk choice of 1%, Skim or Chocolate Skim (Fridays only) is included with lunch. For questions or comments contact the Food Service Director at adelmanh@rockford.k12.mn.us or call (763)477-5846 x. 3052.



Your MENUS plus more information on our app
TaHER Food4Life®

www.taHER.com