



Rockford Middle School Lunch Menu

April
2022

Fresh Fruits & Vegetables Available Daily.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				① SPRING BREAK
④ Southwestern Burger Quesadilla Grab & Go: Chicken Caesar Wrap Golden French Fries Romaine Lettuce Fresh Fruit Bar	⑤ Turkey BLT Flatbread Grab & Go: 7 Layer Salad Steamed Broccoli Red/Orange Bell Pepper Fresh Fruit Bar	⑥ BBQ Pulled Pork Sandwich Grab & Go: Honey Mustard Ham Wrap Baked Beans Cherry Tomato Fresh Fruit Bar	⑦ Crispy Chicken Tenders Whole Grain Dinner Roll Grab & Go: Turkey Deli Sub Sandwich Steamed Corn Baby Carrots Fresh Fruit Bar	⑧ Cheese Pizza Grab & Go: Egg Salad Sub Sandwich Roasted Cauliflower Celery Sticks Fresh Fruit Bar
⑪ Beef Hotdog on a Bun Grab & Go: Cold Cut Combo Sub Steamed Peas Cucumber Slices Fresh Fruit Bar	⑫ Italian Meatball Sub Grab & Go: Chef Salad Green Beans Romaine Lettuce Fresh Fruit Bar	⑬ Popcorn Chicken Bowl Whole Grain Dinner Roll Grab & Go: Turkey Ranch Wrap Mashed Potatoes Steamed Corn Fresh Fruit Bar	⑭ Waffle Sandwich Breakfast Potatoes Strawberry Topping Grab & Go: Deli Sandwich Steamed Broccoli Cucumber Slices Fresh Fruit Bar	⑮ NO SCHOOL
⑱ Crispy Chicken Sandwich Grab & Go: Ham & Cheese Hoagie Tater Tots Broccoli Salad Fresh Fruit Bar	⑲ Pasta with Meat Sauce Rip Stick Breadstick Grab & Go: Chicken Caesar Salad Roasted Asparagus Celery Sticks Fresh Fruit Bar	⑳ Grilled Cheese Sandwich Homemade Tomato Soup Grab & Go: Buffalo Chicken Wrap Cucumber Slices Fresh Fruit Bar	㉑ Beefy Nachos w/Cheese Sauce Grab & Go: Turkey BLT Salad Salsa Spring Corn Salad Fresh Fruit Bar	㉒ Turkey & Gravy Mashed Potatoes Grab & Go: Deli Sub Sandwich Green Beans Baby Carrots Fresh Fruit Bar
㉕ Pancakes Syrup Easy Egg Bake Grab & Go: Crispy Chicken Wrap Breakfast Potatoes Celery Sticks Fresh Fruit Bar	㉖ Walking Taco Grab & Go: Honey Mustard Ham Wrap LCR Lettuce Salsa Fresh Fruit Bar	㉗ BBQ Chicken Sandwich Grab & Go: Beef Taco Salad Potato Wedges Coleslaw Fresh Fruit Bar	㉘ Italian Stromboli Grab & Go: Italian Sub Steamed Green Beans Baby Carrots Fresh Fruit Bar	㉙ Double Dog Day Sport Chips Grab & Go: Cold Cut Combo Sub California Blend Vegetable Red/Orange Bell Pepper Fresh Fruit Bar

PRICES	Adult	\$3.85
	Milk	\$0.60
EXTRA INFO	Milk choice of 1%, Skim or Chocolate Skim is included with lunch. For questions or comments contact eh Food Service Director at adelmanh@rockford.k12.mn.us or call (763)477-5846 x. 3052.	



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