



# Rockford Middle School Lunch Menu

May  
2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Chicken Bacon Ranch Melt</p> <p>Grab &amp; Go: Turkey Deli Sandwich</p> <p>Steamed Corn Celery Sticks Fresh Fruit Bar</p>	<p><b>3</b> Sloppy Joe on a Bun</p> <p>Grab &amp; Go: Cold Cut Combo Sub</p> <p>Potato Wedges Broccoli Florets Fresh Fruit Bar</p>	<p><b>4</b> French Toast Sticks Sausage Patty</p> <p>Grab &amp; Go: Beef Taco Salad</p> <p>Breakfast Potatoes Baby Carrots Fresh Fruit Bar</p>	<p><b>5</b> Lasagna Garlic Breadstick</p> <p>Grab &amp; Go: Ham &amp; Cheese Hoagie</p> <p>Steamed Green Beans Caesar Side Salad Fresh Fruit Bar</p>	<p><b>6</b> Grilled Cheese Sandwich Homemade Tomato Soup</p> <p>Grab &amp; Go: Chicken Caesar Wrap</p> <p>Roasted Cauliflower Cucumber Slices Fresh Fruit Bar</p>
<p><b>9</b> Hamburger on a Bun Brown Rice</p> <p>Grab &amp; Go: Turkey Ranch Wrap</p> <p>Mixed Vegetables Romaine Lettuce Fresh Fruit Bar</p>	<p><b>10</b> Waffle Sausage Sandwich</p> <p>Grab &amp; Go: Crispy Chicken Wrap</p> <p>Breakfast Potatoes Cucumber Slices Fresh Fruit Bar</p>	<p><b>11</b> Beefy Nachos w/Homemade Cheese Sauce</p> <p>Grab &amp; Go: Italian Sub</p> <p>Black Beans Salsa Fresh Fruit Bar</p>	<p><b>12</b> Pizza Bake Whole Grain Dinner Roll</p> <p>Grab &amp; Go: Turkey BLT Salad</p> <p>Roasted Cauliflower Red/Orange Bell Pepper Fresh Fruit Bar</p>	<p><b>13</b> Chicken &amp; Gravy Bread Stick Mashed Potatoes</p> <p>Grab &amp; Go: Ham Deli Sandwich</p> <p>Steamed Green Beans Celery Sticks Fresh Fruit Bar</p>
<p><b>16</b> Crispy Chicken Tenders Whole Grain Dinner Roll</p> <p>Grab &amp; Go: Ham Deli Sub Sandwich</p> <p>Steamed Corn Celery Sticks Fresh Fruit Bar</p>	<p><b>17</b> Cheese Pizza</p> <p>Grab &amp; Go: 7 Layer Salad</p> <p>Steamed Broccoli Baby Carrots Fresh Fruit Bar</p>	<p><b>18</b> Southwestern Burger Quesadilla</p> <p>Grab &amp; Go: Hot Turkey Ham &amp; Cheese Sandwich</p> <p>Golden French Fries Cherry Tomato Fresh Fruit Bar</p>	<p><b>19</b> Turkey BLT Flatbread</p> <p>Grab &amp; Go: Honey Mustard Ham Wrap</p> <p>Roasted Cauliflower Cucumber Slices Fresh Fruit Bar</p>	<p><b>20</b> FOOD TRUCK DAY!</p> <p>BBQ Pulled Pork on Pretzel Bun</p> <p>Golden French Fries Fresh Fruit Bar M&amp;M Cookie</p>
<p><b>23</b> Beef Hotdog on a Bun</p> <p>Grab &amp; Go: Turkey BLT Wrap</p> <p>Baked Beans Celery Sticks Fresh Fruit Bar</p>	<p><b>24</b> Chicken Sandwich</p> <p>Grab &amp; Go: Chef Salad</p> <p>Steamed Corn Baby Carrots Fresh Fruit Bar</p>	<p><b>25</b> Walking Taco</p> <p>Grab &amp; Go: Hot Turkey Ham &amp; Cheese Sandwich</p> <p>Corn &amp; Black Bean Salsa Cherry Tomato Fresh Fruit Bar</p>	<p><b>26</b> Chicken and Cheese Quesadilla</p> <p>Grab &amp; Go: Buffalo Chicken Wrap</p> <p>Roasted Cauliflower Cucumber Slices Fresh Fruit Bar</p>	<p><b>27</b> Cheesy Italian Flatbread</p> <p>Grab &amp; Go: Crispy Chicken Wrap</p> <p>Roasted Broccoli Red/Orange Bell Pepper Fresh Fruit Bar</p>
<p><b>30</b> NO SCHOOL Memorial Day</p>	<p><b>31</b> Corn Dog</p> <p>Grab &amp; Go: Cold Cut Combo Sub</p> <p>Tater Tots Broccoli Salad Fresh Fruit Bar</p>			

<b>PRICES</b>	Adult	\$3.85
	Milk	\$1.00
		\$0.60

**EXTRA INFO**

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



Your MENUS plus more information on our app  
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