

Rockford High School Lunch Menu

Fresh fruits & vegetables available daily.



May
2022

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MONDAY

- Classic Cafe** Sloppy Joe on a Bun, Potato Wedges, Broccoli Florets
- Diner** Cheeseburger on a Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Turkey Deli Sandwich

5

THURSDAY

- Classic Cafe** Lasagna, Garlic Breadstick, Caesar Salad
- Diner** Oven Roasted Brat on a Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Ham & Cheese Hoagie

3

TUESDAY

- Classic Cafe** Chicken Bacon Ranch Melt, Steamed Corn
- Diner** Cheese Bosco Stick
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Cold Cut Combo Sub

6

FRIDAY

- Classic Cafe** Grilled Cheese Sandwich, Homemade Tomato Soup, Cucumber Slices
- Diner** BBQ Rib Sandwich
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Chicken Caesar Wrap

4

WEDNESDAY

- Classic Cafe** French Toast Sticks, Sausage Patty, Breakfast Potatoes, Strawberry Topping
- Diner** Spicy Chicken Patty on Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Beef Taco Salad

EXTRA INFO

Harvest of the Month



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 or call (763)477-5846 x. 3052.

Menus are subject to change without notice. This institution is an equal opportunity provider.



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MONDAY

- Classic Cafe** Chicken Bites w/ Sweet & Sour Sauce, Brown Rice, Mixed Vegetables
- Diner** Corn Dog
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Turkey Ranch Wrap

12

THURSDAY

- Classic Cafe** Pizza Bake, Whole Grain Dinner Roll, Roasted Cauliflower
- Diner** Crispy Chicken Sandwich
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Turkey BLT Salad

10

TUESDAY

- Classic Cafe** Waffle Sausage Sandwich, Hashbrowns, Steamed Corn
- Diner** Max Stix
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

13

FRIDAY

- Classic Cafe** Chicken & Gravy, Mashed Potatoes, Bread Stick, Steamed Green Beans
- Diner** Cheeseburger on a Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Ham Deli Sandwich

11

WEDNESDAY

- Classic Cafe** Beefy Nachos w/Homemade Cheese Sauce, Black Beans, Salsa
- Diner** Mini Corn Dogs
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Italian Sub

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MONDAY

Classic Cafe BBQ Pulled Pork on Pretzel Bun,
Golden French Fries

Diner FOOD TRUCK DAY!

Pizza Parlor FOOD TRUCK DAY!

Grab & Go Double Decker PB & J
Sandwich

19

THURSDAY

Classic Cafe Turkey Hot Pocket, Roasted
Cauliflower

Diner Spicy Chicken Patty on Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Honey Mustard Ham Wrap

17

TUESDAY

Classic Cafe Popcorn Chicken Bowl,
Steamed Broccoli

Diner BBQ Rib Sandwich

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich, Egg
Salad Sub Sandwich

20

FRIDAY

Classic Cafe Crispy Chicken Tenders, Pretzel
bites, Homemade Nacho Cheese
Sauce

Diner Cheese Bosco Stick

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Ham Deli Sub Sandwich

18

WEDNESDAY

Classic Cafe Southwestern Burger Quesadilla,
Tortilla Chips, Roasted Cauliflower

Diner Buffalo Chicken Dip, Tortilla
Chips

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J
Sandwich, 7 Layer Salad

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MONDAY

Classic Cafe Double Dog Day, Baked Beans

Diner Crispy Chicken Sandwich

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Turkey BLT Wrap

26

THURSDAY

Classic Cafe Chicken & Cheese Quesadilla, Black Beans, Salsa

Diner Cheeseburger on a Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Ham Deli Sandwich

24

TUESDAY

Classic Cafe Create your Own Sub Bar, Kettle Potato Chips, Baby Carrots

Diner Max Stix

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich, Chef Salad

27

FRIDAY

Classic Cafe Cheesy Italian Flatbread, Steamed Corn, Marinara Sauce

Diner Mini Corn Dogs

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Buffalo Chicken Wrap

25

WEDNESDAY

Classic Cafe Walking Taco, Corn & Black Bean Salsa

Diner Oven Roasted Brat on a Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Hot Deli Sandwich

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MONDAY

Memorial Day

THURSDAY

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TUESDAY

Classic Cafe Chef's Choice

Diner Chef's Choice

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J
Sandwich, Chef's Choice

FRIDAY

WEDNESDAY

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