

Rockford Elementary Lunch Menu

March
2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Lunch is Yummy	1 Chicken Potstickers Chicken Fried Rice Honey Mustard Ham Wrap Steamed Carrots Cucumber Slices Diced Pears Cantaloupe 1% Milk	2 Walking Taco Honey Mustard Ham Wrap Potato Wedges Cucumber Slices Applesauce Fresh Grapes 1% Milk	3 Cheese Quesadilla Honey Mustard Ham Wrap Roasted Broccoli Salsa Pineapple Tidbits Fresh Fruit Bar 1% Milk
6 Meatballs and Gravy Mashed Potatoes Pretzel Bites & Cheese Munchable Coleslaw Cherry Tomato Diced Peaches Fresh Apple 1% Milk	7 Beef Hot Dog on a Bun Pretzel Bites & Cheese Munchable Baked Beans Cherry Tomato Mixed Canned Fruit Fresh Apple 1% Milk	8 Orange Chicken Brown Rice Pretzel Bites & Cheese Munchable Steamed Carrots Cherry Tomato Pineapple Tidbits Fresh Apple 1% Milk	9 Pizza Bake Garlic Toast Pretzel Bites & Cheese Munchable Roasted Broccoli Cherry Tomato Diced Pears Fresh Apple 1% Milk	10 Pancakes Scrambled Egg Pretzel Bites & Cheese Munchable Potato Wedges Cherry Tomato Applesauce Fresh Apple 1% Milk
13 Cheeseburger on a Bun Turkey Deli Sandwich Parsley Potato Baby Carrots Diced Peaches Fresh Fruit Bar 1% Milk	14 Chicken Alfredo w/Pasta Rip Stick Breadstick Turkey Deli Sandwich Roasted Broccoli Baby Carrots Mixed Canned Fruit Fresh Fruit Bar 1% Milk	15 Parmesan Chicken Bites Cilantro Lime Rice Turkey Deli Sandwich Steamed Carrots Baby Carrots Diced Pears Banana 1% Milk	16 Chicken Nachos & Homemade Cheese Sauce Turkey Deli Sandwich Spiced Pinto Beans Salsa Pineapple Tidbits Banana 1% Milk	17 Cheese Pizza Turkey Deli Sandwich California Blend Vegetable Baby Carrots Applesauce Fresh Apple 1% Milk
20 BBQ Chicken Sandwich Crispy Chicken Wrap Black Beans Red/Orange Bell Pepper Diced Peaches Fresh Orange 1% Milk	21 Crispy Chicken Nuggets Whole Grain Dinner Roll Crispy Chicken Wrap Roasted Broccoli Red/Orange Bell Pepper Applesauce Fresh Pineapple 1% Milk	22 Macaroni & Cheese Whole Grain Dinner Roll Crispy Chicken Wrap Roasted Corn Red/Orange Bell Pepper Mixed Canned Fruit Fresh Orange 1% Milk	23 Beef Hot Dog on a Bun Crispy Chicken Wrap Steamed Carrots Red/Orange Bell Pepper Diced Pears Fresh Fruit Bar 1% Milk	24 Have a good Break!!
27	28	29	30	31 See you Monday!!

PRICES	Milk	\$.60
	Student Lunch	\$2.90
	Adult Lunch	\$4.95

EXTRA INFO
Free and Reduced Forms Are Still Available



Your MENUS plus more information on our app
Taher Food4Life®

www.taher.com