

Rockford Middle School Lunch Menu

March Lunch Madness is AWESOME!!

March
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Potstickers Chicken Fried Rice Honey Mustard Ham Wrap Steamed Carrots Cucumber Slices Diced Pears Fresh Apple 1% Milk	2 Cheesy Italian Flatbread Broccoli Salad Honey Mustard Ham Wrap Potato Wedges Cucumber Slices Applesauce Fresh Pear 1% Milk	3 Bean & Cheese Quesadilla Honey Mustard Ham Wrap Roasted Broccoli Salsa Cucumber Slices Pineapple Tidbits Fresh Apple 1% Milk
6 Popcorn Chicken Macaroni & Cheese Max Stix Coleslaw Cherry Tomato Diced Peaches Fresh Apple 1% Milk	7 Cheeseburger on a Bun Tater Tots Max Stix Baked Beans Cherry Tomato Mixed Canned Fruit Fresh Apple 1% Milk	8 Orange Chicken Brown Rice Max Stix Steamed Carrots Cherry Tomato Pineapple Tidbits Fresh Apple 1% Milk	9 Creamy Chicken Enchilada Bake Garlic Toast Max Stix Roasted Broccoli Cherry Tomato Diced Pears Fresh Apple 1% Milk	10 Pancakes Easy Egg Bake Max Stix Potato Wedges Cherry Tomato Applesauce Fresh Apple 1% Milk
13 Cheeseburger on a Bun Turkey Deli Sandwich Parsley Potato Baby Carrots Diced Peaches Fresh Orange 1% Milk	14 Chicken Alfredo w/Pasta Rip Stick Breadstick Turkey Deli Sandwich Roasted Broccoli Baby Carrots Mixed Canned Fruit Fresh Apple 1% Milk	15 Chicken Potstickers Chicken Fried Rice Ham Deli Sandwich Steamed Carrots Baby Carrots Diced Pears Banana 1% Milk	16 Beef Hot Dog on a Bun Turkey Deli Sandwich Steamed Carrots Red Peppers Diced Pears Fresh Orange 1% Milk	17 Happy St. Paddy's Day Beef Shepherds Pie Cheese Pizza Baby Carrots Salsa GREEN APPLESAUCE Banana 1% Milk
20 Chicken Nachos & Homemade Cheese Sauce Buffalo Chicken Wrap Black Beans Red/Orange Bell Pepper Diced Peaches Fresh Orange 1% Milk	21 Crispy Chicken Nuggets Whole Grain Dinner Roll Buffalo Chicken Wrap Roasted Broccoli Red/Orange Bell Pepper Applesauce Fresh Orange 1% Milk	22 Macaroni & Cheese Whole Grain Dinner Roll Buffalo Chicken Wrap Roasted Corn Red/Orange Bell Pepper Mixed Canned Fruit Fresh Orange 1% Milk	23 Shrimp Poppers Cheesy Garlic Toast Buffalo Chicken Wrap Coleslaw Red/Orange Bell Pepper Pineapple Tidbits Fresh Orange 1% Milk	24 Have a good Break!!
27	28	29	30	31 See you Monday!!!

PRICES

Student lunch	\$3.15
Adult Lunch	\$4.95
Milk	\$.60
Ala Carte options	From \$.50 - \$2

EXTRA INFO

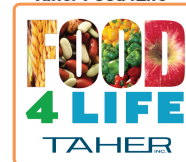
Free and Reduced forms are still available

HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®



www.taher.com