

Rockford High School Lunch Menu

March
2023

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MONDAY

TUESDAY

WEDNESDAY ¹

- Classic Cafe** Ham n' Egg-wich, Tater Tots, Chocolate Chip Cookie
- Diner & Pizza** Hamburger on a Bun, 3 kinds of Pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Double Decker PB & J Sandwich, Cravin Craisin Salad
- Fruit & Veggie** Baby Carrots, Pineapple Tidbits, Fresh Pear

THURSDAY ²

FRIDAY ³

EXTRA INFO

- Classic Cafe** Chicken Alfredo w/Pasta, Garlic Breadstick
- Diner & Pizza** Spicy Chicken Patty on Bun, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Double Decker PB & J Sandwich, Cravin Craisin Salad
- Fruit & Veggie** Cucumber Slices, Applesauce, Fresh Apple

- Classic Cafe** Chicken Potstickers, Chicken Fried Rice
- Diner & Pizza** Max Stix, 3 kinds of Pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Cravin Craisin Salad, Double Decker PB & J Sandwich
- Fruit & Veggie** Steamed Carrots, Cucumber Slices, Diced Peaches, Cantaloupe

Harvest of the Month



Student lunch \$3.15
Adult Lunch \$4.95
Extra Entrée \$2.50
A la-Carte \$1.00-2.50

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MONDAY

- Classic Cafe** Shrimp Poppers, Macaroni & Cheese
- Diner & Pizza** Corn Dog, 3 kinds of Pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Southwest Chicken Salad, Double Decker PB & J Sandwich
- Fruit & Veggie** Coleslaw, Cherry Tomato, Diced Peaches, Fresh Orange

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THURSDAY

- Classic Cafe** Pancakes, Easy Egg Bake
- Diner & Pizza** Spicy Chicken Patty on Bun, 3 kinds of Pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Double Decker PB & J Sandwich, Southwest Chicken Salad
- Fruit & Veggie** Potato Wedges, Cherry Tomato, Applesauce, Fresh Fruit Bar

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TUESDAY

- Classic Cafe** Oven Roasted Brat on a Bun, Baked Beans, M&M Cookie
- Diner & Pizza** Spicy Chicken Patty on Bun, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Southwest Chicken Salad, Double Decker PB & J Sandwich
- Fruit & Veggie** Roasted Corn, Cherry Tomato, Mixed Canned Fruit, Fresh Grapes

10

FRIDAY

- Classic Cafe** Cheesy Italian Flatbread
- Diner & Pizza** Hamburger on a Bun, 3 kinds of Pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Double Decker PB & J Sandwich, Southwest Chicken Salad
- Fruit & Veggie** Broccoli Salad, Cherry Tomato, Diced Peaches, Fresh Grapes

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WEDNESDAY

- Classic Cafe** Orange Chicken, Brown Rice
- Diner & Pizza** Crispy Chicken Sandwich, 3 kinds of Pizza
- Deli** Build Your Own Sub
- Grab & Go** Southwest Chicken Salad, Double Decker PB & J Sandwich
- Fruit & Veggie** Steamed Carrots, Cherry Tomato, Pineapple Tidbits, Fresh Apple

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MONDAY

- Classic Cafe** Walking Taco
- Diner & Pizza** Crispy Chicken Sandwich, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Chef Salad, Double Decker PB & J Sandwich
- Fruit & Veggie** Parsley Potato, Baby Carrots, Diced Peaches, Clementine Orange

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THURSDAY

- Classic Cafe** Chicken Fajitas
- Diner & Pizza** Southwestern Burger, 3 kinds of pizza
- Deli Station** Build your own sub
- Grab & Go** Double Decker PB & J Sandwich, Chef Salad
- Fruit & Veggie** Spiced Pinto Beans, Baby Carrots, Applesauce, Fresh Fruit Bar

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TUESDAY

- Classic Cafe** Lasagna Roll up with Alfredo, Bread Stick, Sugar Cookie
- Diner & Pizza** Spicy Chicken Patty on Bun, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Double Decker PB & J Sandwich, Chef Salad
- Fruit & Veggie** Roasted Broccoli, Baby Carrots, Mixed Canned Fruit, Fresh Pineapple

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FRIDAY

- Classic Cafe** Happy St. Paddy's Day, Toasted Cheese Sandwich, Irish Cheddar and Broccoli soup
- Diner & Pizza** Mini Corn Dogs, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Double Decker PB & J Sandwich, Chef Salad
- Fruit & Veggie** California Blend Vegetable, Baby Carrots, Green Applesauce, Banana

15

WEDNESDAY

- Classic Cafe** Chicken Potstickers, Chicken Fried Rice
- Diner & Pizza** Max Stix, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Chef Salad, Double Decker PB & J Sandwich
- Fruit & Veggie** Steamed Carrots, Baby Carrots, Pineapple Tidbits, Banana

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MONDAY

- Classic Cafe** Chicken Bacon Alfredo Flatbread
- Diner & Pizza** Hamburger on a Bun, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** 7 Layer Salad, Double Decker PB & J Sandwich
- Fruit & Veggie** Black Beans, Red/Orange Bell Pepper, Diced Peaches, Fresh Orange

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TUESDAY

- Classic Cafe** Popcorn Chicken Bowl
- Diner & Pizza** Corn Dog, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** 7 Layer Salad, Double Decker PB & J Sandwich
- Fruit & Veggie** Roasted Broccoli, Red/Orange Bell Pepper, Mixed Canned Fruit, Fresh Apple

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WEDNESDAY

- Classic Cafe** Build Your Own Mac & Cheese, Whole Grain Dinner Roll
- Diner & Pizza** Max Stix, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Double Decker PB & J Sandwich, 7 Layer Salad
- Fruit & Veggie** Roasted Corn, Red/Orange Bell Pepper, Pineapple Tidbits, Fresh Orange

23

THURSDAY

- Classic Cafe** Italian Stromboli
- Diner & Pizza** BBQ Rib Sandwich, 3 kinds of pizza
- Deli Station** Build Your Own Sub
- Grab & Go** Double Decker PB & J Sandwich
- Fruit & Veggie** Red/Orange Bell Pepper, Applesauce, Fresh Orange

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FRIDAY

Have a good Break!!!

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MONDAY

Spring Break

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THURSDAY

Spring Break

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TUESDAY

Spring Break

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FRIDAY

See You Monday

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WEDNESDAY

Spring Break

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