

Rockford Elementary Lunch Menu

May
2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>BBQ Chicken Sandwich Tater Tots Crispy Chicken Wrap</p> <p>Black Beans Red/Orange Bell Pepper</p> <p>Diced Peaches Fresh Orange 1% Milk</p>	<p>2</p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll Crispy Chicken Wrap</p> <p>Roasted Broccoli Red/Orange Bell Pepper</p> <p>Applesauce Fresh Apple 1% Milk</p>	<p>3</p> <p>Macaroni & Cheese Whole Grain Dinner Roll Crispy Chicken Wrap</p> <p>Roasted Corn Red/Orange Bell Pepper</p> <p>Mixed Canned Fruit Fresh Grapes 1% Milk</p>	<p>4</p> <p>Beef Hot Dog on a Bun</p> <p>Crispy Chicken Wrap</p> <p>Steamed Carrots Red/Orange Bell Pepper</p> <p>Diced Pears Cantaloupe 1% Milk</p>	<p>5</p> <p>Sweet and Sour Meatballs Cheesy Garlic Toast Crispy Chicken Wrap</p> <p>Red/Orange Bell Pepper</p> <p>Pineapple Tidbits Fresh Orange 1% Milk</p>
<p>8</p> <p>Cheesy Italian Flatbread</p> <p>Turkey Munchable</p> <p>Green Beans Cherry Tomato</p> <p>Diced Peaches Fresh Grapes 1% Milk</p>	<p>9</p> <p>BBQ Rib Sandwich</p> <p>Turkey Munchable</p> <p>Steamed Corn Cherry Tomato</p> <p>Fresh Mixed Fruit Banana 1% Milk</p>	<p>10</p> <p>Beefy Nachos w/Homemade Cheese Sauce</p> <p>Turkey Munchable</p> <p>Refried Beans Cherry Tomato Pineapple Tidbits Fresh Fruit Bar 1% Milk</p>	<p>11</p> <p>Cheeseburger on a Bun</p> <p>Turkey Munchable</p> <p>Roasted Broccoli Cherry Tomato</p> <p>Applesauce Fresh Grapes 1% Milk</p>	<p>12</p> <p>French Toast Sticks Sausage Patty Turkey Munchable</p> <p>Steamed Carrots Cherry Tomato</p> <p>Diced Pears Cinnamon Apple Slices 1% Milk</p>
<p>15</p> <p>Crispy Chicken Sandwich</p> <p>Ham Munchable</p> <p>Roasted Broccoli Baby Carrots</p> <p>Diced Peaches Fresh Pineapple Milk Choice</p>	<p>16</p> <p>Roast Turkey Whole Grain Dinner Roll Ham Munchable</p> <p>Mashed Potatoes Gravy Baby Carrots Mixed Canned Fruit Banana Milk Choice</p>	<p>17</p> <p>Chicken Tacos</p> <p>Ham Munchable</p> <p>Baked Beans Baby Carrots Salsa Pineapple Tidbits Fresh Apple Milk Choice</p>	<p>18</p> <p>Grilled Cheese Sandwich</p> <p>Ham Munchable Tater Tots Baby Carrots</p> <p>Applesauce Fresh Grapes Milk Choice</p>	<p>19</p> <p>Cheese Pizza</p> <p>Ham Munchable</p> <p>California Blend Vegetable Baby Carrots</p> <p>Diced Pears Fresh Fruit Bar Milk Choice</p>
<p>22</p> <p>CHEF'S FOOD TRUCK DAY</p> <p>HOT DOGS</p> <p>CHIPS</p> <p>COOKIES</p> <p>WATERMELON</p>	<p>23</p> <p>Pasta with Meat Sauce</p> <p>Pretzel Bites Yogurt Pak Munchable</p> <p>Steamed Green Beans Cucumber Slices Mixed Canned Fruit Fresh Grapes Milk Choice</p>	<p>24</p> <p>Chicken Bites w/ Sweet & Sour Sauce</p> <p>Chicken Fried Rice</p> <p>Pretzel Bites Yogurt Pak Munchable</p> <p>Steamed Carrots Cucumber Slices Diced Pears Fresh Fruit Bar Milk Choice</p>	<p>25</p> <p>Cheesy Italian Flatbread</p> <p>Pretzel Bites Yogurt Pak Munchable</p> <p>Potato Wedges Cucumber Slices Applesauce Fresh Pineapple Milk Choice</p>	<p>26</p> <p>Cheese Quesadilla</p> <p>Pretzel Bites Yogurt Pak Munchable</p> <p>Roasted Broccoli Salsa Cucumber Slices Pineapple Tidbits Fresh Pear Milk Choice</p>
<p>29</p> <p>No School for Memorial Day</p>	<p>30</p> <p>Hamburger on a Bun Golden French Fries Turkey & Cheese Flatbread Munchable</p> <p>Cherry Tomato Mixed Canned Fruit Fresh Grapes Milk Choice</p>	<p>31</p> <p>Popcorn Chicken Yummy Potatoes</p> <p>Steamed Carrots Cherry Tomato Pineapple Tidbits Fresh Grapes Milk Choice</p>	REAMS Rocks	

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