

Rockford Middle School

Lunch Menu

May
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>BBQ Chicken Sandwich Turkey Deli Sandwich</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 Buffalo Chicken Wrap</p> <p>Roasted Corn Red/Orange Bell Pepper</p> <p>Mixed Canned Fruit Fresh Fruit Bar 1% Milk</p>	<p>4</p> <p>Beef Hot Dog on a Bun Buffalo Chicken Wrap</p> <p>Steamed Carrots Red/Orange Bell Pepper</p> <p>Diced Pears Fresh Orange 1% Milk</p>	<p>5</p> <p>Shrimp Poppers Cheesy Garlic Toast Max Stix</p> <p>Coleslaw Red/Orange Bell Pepper</p> <p>Pineapple Tidbits Banana 1% Milk</p>
<p>8</p> <p>Chicken Bacon Alfredo Flatbread Turkey Deli Sub Sandwich</p> <p>Green Beans Cherry Tomato</p> <p>Diced Peaches Fresh Grapes 1% Milk</p>	<p>9</p> <p>BBQ Rib Sandwich Tater Tots Turkey Deli Sandwich</p> <p>Steamed Corn Cherry Tomato</p> <p>Fresh Mixed Fruit Cinnamon Sweet-Apples 1% Milk</p>	<p>10</p> <p>Beefy Nachos w/Homemade Cheese Sauce Turkey Deli Sandwich</p> <p>Refried Beans Cherry Tomato</p> <p>Fresh Pineapple 1% Milk</p>	<p>11</p> <p>Cheeseburger on a Bun Golden French Fries Turkey Deli Sandwich</p> <p>Roasted Broccoli Cherry Tomato</p> <p>Applesauce Fresh Grapes 1% Milk</p>	<p>12</p> <p>French Toast Sticks Sausage Patty Turkey BLT Wrap</p> <p>Steamed Carrots Cherry Tomato</p> <p>Diced Pears Clementine Orange 1% Milk</p>
<p>15</p> <p>Crispy Chicken Sandwich Tater Tots Cold Cut Combo Sub</p> <p>Roasted Broccoli Baby Carrots</p> <p>Diced Peaches Fresh Apple Milk Choice</p>	<p>16</p> <p>Parmesan Chicken Bites Whole Grain Dinner Roll Turkey Deli Sandwich</p> <p>Mashed Potatoes Gravy Baby Carrots Mixed Canned Fruit Banana Milk Choice</p>	<p>17</p> <p>Soft Beef Tacos Turkey Deli Sub Sandwich</p> <p>Refried Beans Baby Carrots Salsa Pineapple Tidbits Fresh Fruit Bar Milk Choice</p>	<p>18</p> <p>Grilled Cheese Sandwich Homemade Tomato Soup Beef Taco Salad</p> <p>Tater Tots Baby Carrots</p> <p>Applesauce Banana Milk Choice</p>	<p>19</p> <p>Pepperoni Pizza Cold Cut Combo Sub</p> <p>California Blend Vegetable Baby Carrots</p> <p>Diced Pears Fresh Fruit Bar Milk Choice</p>
<p>22</p> <p>Cheesy Italian Flatbread Turkey Deli Sandwich</p> <p>Baked Beans Cucumber Slices Diced Peaches Fresh Pear Milk Choice</p>	<p>23</p> <p>Pasta with Meat Sauce Cold Cut Combo Sub</p> <p>Steamed Green Beans Cucumber Slices Mixed Canned Fruit Fresh Apple Milk Choice</p>	<p>24</p> <p>CHEF'S FOOD TRUCK DAY</p> <p>HOT DOGS</p> <p>FRIES</p> <p>WATERMELON</p> <p>COOKIE</p>	<p>25</p> <p>Crispy Chicken Sandwich Garlic Parmesan Roasted Potatoes Turkey Deli Sub Sandwich</p> <p>Potato Wedges Cucumber Slices Applesauce Fresh Fruit Bar Milk Choice</p>	<p>26</p> <p>Beef & Cheese Quesadilla Honey Mustard Ham Wrap</p> <p>Roasted Broccoli Salsa Cucumber Slices Pineapple Tidbits Fresh Orange Milk Choice</p>
<p>29</p> <p>No School For Memorial Day</p>	<p>30</p> <p>Popcorn Chicken Bowl Mandi's Faves for second option</p> <p>Cherry Tomato Mixed Canned Fruit Fresh Grapes Milk Choice</p>	<p>31</p> <p>Cheeseburger on a Bun Yummy Tators Mandi's Faves for second option</p> <p>Steamed Carrots Cherry Tomato Pineapple Tidbits Fresh Apple Milk Choice</p>	<p>Can you smell the Summer break yet?</p>	

PRICES

Student Lunch	\$3.15
Adult Lunch	\$4.95
Milk	\$.60

EXTRA INFO

HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®

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