

# Rockford Middle School Lunch Menu

The all important filling of a three school sandwich

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Italian Pasta Bake Garlic Toast Turkey & Cheese Flatbread Munchable  Roasted Broccoli  Diced Pears Fresh Fruit Bar Milk Choice	<b>2</b> Pancakes Easy Egg Bake Turkey & Cheese Flatbread Munchable  Potato Wedges Applesauce Fresh Fruit Bar Milk Choice
<b>5</b> Cheeseburger on a Bun Turkey Deli Sandwich  Parsley Potato Baby Carrots  Diced Peaches Fresh Fruit Bar Milk Choice	<b>6</b> Pepperoni Pizza Turkey Deli Sub Sandwich  Roasted Broccoli Baby Carrots  Mixed Canned Fruit Banana Milk Choice	<b>7</b> Chef Mandi's Special Turkey Deli Sandwich  Steamed Carrots Baby Carrots  Diced Pears Fresh Fruit Bar Milk Choice	<b>8</b>	<b>9</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

PRICES

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

EXTRA INFO

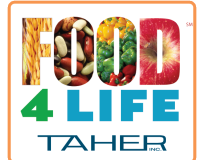
Free and Reduced forms are still available

HARVEST OF



THE MONTH

Menus and nutrition our app  
TaHER Food4Life®



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