Rockford Elementary Lunch Menu

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Welcome Back
4	**5**	**6**	**7** Pasta with Meat Sauce Whole Grain Dinner Roll Turkey Wrap Munchable Roasted Broccoli Cherry Tomato Fresh Grapes Milk Choice	**8** French Toast Sticks Sausage Patty Turkey Wrap Munchable LCR Lettuce Baby Carrots Fresh Orange Milk Choice
11 Grilled Ham & Cheese Sandwich Yogurt Pak with Bagel Roasted Broccoli Baby Carrots Apple Slices Milk Choice	**12** Crispy Chicken Sandwich Yogurt Pak with Bagel Black Beans Baby Carrots Fresh Pineapple Milk Choice	**13** Meatloaf Mashed Potatoes Gravy Whole Grain Dinner Roll Yogurt Pak with Bagel Baby Carrots Banana Milk Choice	**14** Chicken Bites w/ Sweet & Sour Sauce Fried Rice Yogurt Pak with Bagel Cucumber Slices Baby Carrots Fresh Grapes Milk Choice	**15** Cheese Pizza Yogurt Pak with Bagel California Blend Vegetable Baby Carrots Banana Milk Choice
18 Macaroni & Cheese Whole Grain Dinner Roll Pretzel Bites w/Cheese Cubes Steamed Peas Broccoli Florets Fresh Pear Milk Choice	**19** Walking Taco Salsa Pretzel Bites w/Cheese Cubes Refried Beans Broccoli Florets Cinnamon Apple Slices Milk Choice	**20** Cheeseburger on a Bun Pretzel Bites w/Cheese Cubes Steamed Carrots Broccoli Florets Fresh Grapes Milk Choice	**21** Popcorn Chicken Bowl Bread Stick Pretzel Bites w/Cheese Cubes Broccoli Florets Baby Carrots Fresh Pear Milk Choice	**22** Grilled Cheese Sandwich Tomato Soup Pretzel Bites w/Cheese Cubes Steamed Green Beans Broccoli Florets Fresh Pear Milk Choice
25 Cheese Bosco Stick Marinara Sauce Turkey Munchable Steamed Green Beans Red/Orange Bell Pepper Fresh Grapes Milk Choice	**26** Pancakes Easy Egg Bake Turkey Munchable Potato Wedges Red/Orange Bell Pepper Cantaloupe Milk Choice	**27** Orange Chicken Brown Rice Turkey Munchable Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Milk Choice	**28** Corn Dog Turkey Munchable Steamed Carrots Red/Orange Bell Pepper Fresh Grapes Milk Choice	**29** Italian Pasta Bake Garlic Toast Turkey Munchable Roasted Broccoli Red/Orange Bell Pepper Apple Slices Milk Choice

PRICES

Student lunch	Free
Milk with hot lunch	Free
Adult Lunch	$4.95
Extra milk	.60

EXTRA INFO

Free and Reduced Forms Are Still Available

HARVEST OF THE MONTH

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