

Rockford Middle School Lunch Menu

September
2023

Welcome Back

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 Beef Hot Dog on a Bun Turkey BLT Wrap Roasted Corn Cherry Tomato Mixed Canned Fruit Fresh Grapes Milk Choice	6 Choice of Tacos or Nachos Salsa Turkey BLT Wrap Refried Beans Cherry Tomato Pineapple Tidbits Fresh Grapes Milk Choice	7 Pasta with Meat Sauce Whole Grain Dinner Roll Turkey BLT Wrap Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes Milk Choice	8 French Toast Sticks Sausage Patty Turkey BLT Wrap Glazed Carrots Baby Carrots Diced Pears Fresh Grapes Milk Choice
11 Grilled Ham & Cheese Sandwich Ham and Cheese Flatbread Munchable Roasted Broccoli Baby Carrots Peaches, Diced Banana Milk Choice	12 Crispy Chicken Sandwich Ham and Cheese Flatbread Munchable Black Beans Baby Carrots Mixed Canned Fruit Banana Milk Choice	13 Meatloaf Mashed Potatoes Gravy Whole Grain Dinner Roll Ham and Cheese Flatbread Munchable Baby Carrots Pineapple Tidbits Banana Milk Choice	14 Chicken Potstickers Chicken Fried Rice Ham and Cheese Flatbread Munchable Baby Carrots Applesauce Banana Milk Choice	15 Pepperoni Pizza Ham and Cheese Flatbread Munchable California Blend Vegetable Baby Carrots Diced Pears Banana Milk Choice
18 Macaroni & Cheese Whole Grain Dinner Roll Honey Mustard Ham Wrap Steamed Peas Broccoli Florets Peaches, Diced Fresh Pear Milk Choice	19 Beefy Nachos w/Homemade Cheese Sauce Salsa Honey Mustard Ham Wrap Refried Beans Broccoli Florets Mixed Canned Fruit Fresh Pear Milk Choice	20 Cheeseburger on a Bun Honey Mustard Ham Wrap Steamed Carrots Broccoli Florets Pineapple Tidbits Fresh Pear Milk Choice	21 Popcorn Chicken Bowl Bread Stick Honey Mustard Ham Wrap Broccoli Florets LCR Lettuce Applesauce Fresh Pear Milk Choice	22 Beef Chili Over Cornbread Honey Mustard Ham Wrap Steamed Green Beans Broccoli Florets Diced Pears Fresh Pear Milk Choice
25 Cheese Bosco Stick Marinara Sauce Turkey Munchable Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced Fresh Grapes Milk Choice	26 Pancakes Easy Egg Bake Turkey Munchable Potato Wedges Red/Orange Bell Pepper Mixed Canned Fruit Fresh Grapes Milk Choice	27 Orange Chicken Brown Rice Turkey Munchable Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Fresh Grapes Milk Choice	28 Corn Dog Turkey Munchable Steamed Carrots Red/Orange Bell Pepper Applesauce Fresh Grapes Milk Choice	29 Italian Pasta Bake Garlic Toast Turkey Munchable Roasted Broccoli Red/Orange Bell Pepper Diced Pears Fresh Grapes Milk Choice

PRICES

Student lunch	Free
Adult Lunch	\$4.95
Milk with hot lunch	Free
Extra Milk	.60
Ala Carte Options	\$1-\$3

EXTRA INFO

Free and Reduced forms are still available

HARVEST OF



THE MONTH



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Menus are subject to change without notice. This institution is an equal opportunity provider.