

# Middle School Lunch Menu

June 2024



Menu is subject to change without notice.

 Contains pork

 Vegetarian

For details about ingredients and allergens, please visit LINQ Connect on our website.

**Milk:** 1% white and fat free chocolate served daily.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Hot Main Entrée 2. Hot Vegetarian Entrée 3. Cold Entrée  Sides: Fruit & Vegetable  <div style="text-align: right;"><b>03</b></div>	1. Hot Main Entrée 2. Hot Vegetarian Entrée 3. Cold Entrée  Sides: Fruit & Vegetable  <div style="text-align: right;"><b>04</b></div>	1. Hot Main Entrée 2. Hot Vegetarian Entrée 3. Cold Entrée  Sides: Fruit & Vegetable  <div style="text-align: right;"><b>05</b></div>	1. Hot Main Entrée 2. Hot Vegetarian Entrée 3. Cold Entrée  Sides: Fruit & Vegetable  <div style="text-align: right;"><b>06</b></div>	1. Hot Main Entrée 2. Hot Vegetarian Entrée 3. Cold Entrée  Sides: Fruit & Vegetable  <div style="text-align: right;"><b>07</b></div>
1. Hot Entrée 2. Cold Entrée  Sides: Fruit & Vegetable  <div style="text-align: right;"><b>10</b></div>	<b>First Day of Summer</b>			
<p>For a more detailed menu please visit the <b>LINQ Connect Family Portal</b></p> <p>Visit <a href="https://RPS205.com/parents/meals">RPS205.com/parents/meals</a></p> <ul style="list-style-type: none"> <li>- Click the LINQ Connect Family Portal Button</li> <li>- Hover Over School Services</li> <li>- Select School Menus</li> <li>- Type in Rockford</li> <li>- Select Rockford School District (Rockford, Illinois)</li> <li>- Select a School from the drop down list</li> </ul>				

