

Rockford Middle School

March
2026

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Roasted Beef Hot Dog on a Bun Classic Cheeseburger Crispy Chicken Wrap Chicken Caesar Salad</p> <p>Garlic & Herb Broccoli Cauliflower Floret Diced Peaches Choice of Milk</p>	<p>3</p> <p>BBQ Rib Sandwich Crispy Chicken Nuggets Dinner Roll Crispy Chicken Wrap Chicken Caesar Salad</p> <p>Roasted Broccoli Cherry Tomato Fresh Pear Choice of Milk</p>	<p>4</p> <p>Pasta w/ Hearty Meat Sauce Garlic Toast Cheese Bosco Sticks Crispy Chicken Wrap Chicken Caesar Salad</p> <p>Sweet Potato Tots Cucumber Slices Apple Choice of Milk</p>	<p>5</p> <p>Chicken Tacos and Rice Lettuce, Tomato and Cheese BBQ Pulled Pork Sandwich Crispy Chicken Wrap Chicken Caesar Salad</p> <p>Roasted Carrots Celery Sticks Applesauce Choice of Milk</p>	<p>6</p> <p>Creamy Macaroni & Cheese Dinner Roll Crispy Chicken Wrap Chicken Caesar Salad</p> <p>Black Beans Broccoli Florets Clementine Orange Choice of Milk</p>
<p>9</p> <p>Country Fried Chicken and Gravy Mashed Potatoes Dinner Roll Cheese Bosco Sticks Turkey BLT Wrap Crispy Chicken Salad</p> <p>Baby Carrots Fresh Grapes Choice of Milk</p>	<p>10</p> <p>Homemade Pepperoni Pizza Homemade Cheese Pizza Turkey BLT Wrap Crispy Chicken Salad</p> <p>Roasted Corn Baby Carrots Mixed Fruit Choice of Milk</p>	<p>11 HOM: Pineapple & Radish</p> <p>Beefy Nachos with Homemade Cheese Sauce Swavory - Pineapple Radish Pico Turkey BLT Wrap Crispy Chicken Salad Refried Beans Baby Carrots Fresh Orange Quarters Choice of Milk</p>	<p>12</p> <p>Creamy Chicken Spaghetti Dinner Roll Classic Cheeseburger Turkey BLT Wrap Crispy Chicken Salad</p> <p>Roasted Broccoli Baby Carrots Fresh Grapes Choice of Milk</p>	<p>13</p> <p>Cheesy Italian Flatbread Turkey BLT Wrap Crispy Chicken Salad Mashed Potatoes Glazed Carrots Baby Carrots Applesauce Choice of Milk</p>
<p>16</p> <p>Italian Turkey Panini Crispy Chicken Sandwich Ham Deli Sub Sandwich Chef Salad</p> <p>Sweet Potato Tots Cucumber Slices Diced Peaches Choice of Milk</p>	<p>17</p> <p>Pasta w/ Hearty Meat Sauce Garlic Toast Roasted Beef Hot Dog on a Bun Ham Deli Sub Sandwich Chef Salad</p> <p>Kung Fu Carrots Lettuce Mix Banana Choice of Milk</p>	<p>18</p> <p>Italian Meatball Sub Cheese Bosco Sticks Ham Deli Sub Sandwich Chef Salad</p> <p>Garlic & Herb Broccoli Gravy Celery Sticks Clementine Orange Choice of Milk</p>	<p>19</p> <p>Breaded Chicken Sandwich Spicy Chicken Sandwich Ham Deli Sub Sandwich Chef Salad</p> <p>Spiced Pinto Beans Applesauce Cherry Tomato Choice of Milk</p>	<p>20</p> <p>Tomato Soup Grilled Cheese Sandwich Homemade Cheese Pizza Ham Deli Sub Sandwich Chef Salad</p> <p>Roasted Broccoli Carrot Sticks Apple Choice of Milk</p>
<p>23</p> <p>Chicken Bacon Alfredo Flatbread Crispy Chicken Sandwich Turkey Deli Sub Sandwich Craving Chicken Salad</p> <p>Roasted Broccoli Cherry Tomato Diced Peaches Choice of Milk</p>	<p>24</p> <p>Soft Beef Tacos Chicken Chili Crispito Turkey Deli Sub Sandwich Craving Chicken Salad</p> <p>Honey Roasted Cinnamon Chickpeas Cherry Tomato Fresh Pear Choice of Milk</p>	<p>25</p> <p>French Toast Sticks Scrambled Egg Cheeseburger Turkey Deli Sub Sandwich Craving Chicken Salad</p> <p>Baby Carrots Cherry Tomato Apple Choice of Milk</p>	<p>26</p> <p>Popcorn Chicken Bowl Dinner Roll Turkey Deli Sub Sandwich Craving Chicken Salad</p> <p>Mashed Potatoes Steamed Corn Cherry Tomato Fresh Pear Choice of Milk</p>	<p>27</p> <p>Spring Break Begins</p>
<p>30</p> <p>No School</p>	<p>31</p> <p>No School</p>	<p>1</p>		

PRICES

Student lunch	FREE
Adult Lunch	\$5.05
Milk	\$.60
Ala Carte options	From 2-3.5

EXTRA INFO

Fresh fruits and vegetables available every day in the salad bar!!

HARVEST OF



OF THE MONTH

Menus and Nutrition
Taher Food4Life®



www.taher.com