

Rockford Middle School

April
2026

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 No School	2 No School	3 No School
6 No School	7 Orange Chicken Brown Rice, WG Corn Dog Turkey and Cheese Sandwich Chef Salad Roasted Broccoli Baby Carrots Mixed Fruit Apple Choice of Milk	8 Chicken Potstickers Chicken Fried Rice Cheeseburger on WG Bun Turkey and Cheese Sandwich Chef Salad Kung Fu Carrots Baby Carrots Diced Pears Banana Choice of Milk	9 Beefy Nachos with Homemade Cheese Sauce Turkey and Cheese Sandwich Cheese Bosco Sticks Chef Salad Salsa Spiced Pinto Beans Baby Carrots Fresh Cantaloupe Choice of Milk	10 Homemade Cheese Pizza Homemade Pepperoni Pizza Turkey and Cheese Sandwich Chef Salad California Blend Vegetable Baby Carrots Sliced Pears Banana Choice of Milk
13 Hearty Beef Chili Cornbread Bowl Breaded Chicken Sandwich Buffalo Breaded Chicken Wrap Chicken Caesar Salad Potato Wedges Cauliflower Floret Diced Peaches Fresh Pear Choice of Milk	14 Guest Chef Jamie is Coming Cantonese BBQ Chicken Chicken Fried Rice Stir Fry Vegetable NEW RECIPIES FROM CHINA	15 Crispy Chicken Nuggets Dinner Roll BBQ Rib Sandwich Buffalo Breaded Chicken Wrap Chicken Caesar Salad Sweet Potato Tots Cauliflower Floret Kiwi Fruit Choice of Milk	16 Creamy Macaroni & Cheese Dinner Roll Breaded Chicken Sandwich Buffalo Breaded Chicken Wrap Chicken Caesar Salad Roasted Carrots Cauliflower Floret Applesauce Fresh Orange Quarters Choice of Milk	17 Chicken Tacos Lettuce, Tomato and Cheese Cheese Bosco Sticks Buffalo Breaded Chicken Wrap Chicken Caesar Salad Salsa Black Beans Cauliflower Floret Fresh Pineapple Choice of Milk
20 Goulash Garlic Toast Cheese Bosco Sticks Marinara Sauce Turkey BLT Wrap Crispy Chicken Salad Steamed Green Beans Baby Carrots Clementine Orange Choice of Milk	21 Chicken Cacciatore Garlic Breadstick Roasted Beef Hot Dog on a Bun Turkey BLT Wrap Crispy Chicken Salad Crispy Chicken Salad Roasted Corn Baby Carrots Fresh Grapes Choice of Milk	22 Beefy Nachos with Homemade Cheese Sauce Mini Corn Dogs Turkey BLT Wrap Crispy Chicken Salad Refried Beans Baby Carrots Diced Pears Choice of Milk	23 Creamy Chicken Spaghetti Dinner Roll Cheeseburger on WG Bun Turkey BLT Wrap Crispy Chicken Salad Roasted Broccoli Baby Carrots Fresh Pineapple Choice of Milk	24 Popcorn Chicken Bowl Dinner Roll Turkey BLT Wrap Crispy Chicken Salad Mashed Potatoes Corn Baby Carrots Apple Choice of Milk
27 Chicken Potstickers Fried Rice Popcorn Chicken Turkey Deli Sub Sandwich Craving Chicken Salad Garlic & Herb Broccoli Cucumber Slices Diced Peaches Apple Choice of Milk	28 Roasted Beef Hot Dog on a Bun BBQ Chicken Sandwich Sweet Potato Tots Turkey Deli Sub Sandwich Craving Chicken Salad Cucumber Slices Diced Pears Fresh Orange Quarters Choice of Milk	29 Italian Meatball Sub Cheese Bosco Sticks Turkey Deli Sub Sandwich Craving Chicken Salad Tator Tots Cucumber Slices Banana Choice of Milk	30 CHEF'S PIZZA PARTY 5 Kinds to pick from!! PIZZA-PIZZA-PIZZA Turkey Deli Sub Sandwich Peas & Carrots Cucumber Slices Applesauce Choice of Milk	1

PRICES

Student lunch	Free
Adult Lunch	\$5.05
Milk	\$.60
Ala Carte options	\$1.25
	\$3.50

EXTRA INFO

Carrots, Romaine Lettuce and Fresh Fruit available everyday on the Salad Bar

HARVEST OF



OF THE MONTH

Menus and Nutrition

Taher Food4Life®



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