

# Rockford Middle School

May  
2026

## Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	1 Homemade Cheese Pizza Homemade Pepperoni Pizza Turkey Deli Sub Sandwich Chef Salad  Roasted Broccoli Cucumber Slices Diced Peas Banana Choice of Milk
4 Creamy Macaroni & Cheese Dinner Roll Mini Corn Dogs Turkey Deli Sub Sandwich Chicken Taco Salad Baby Spinach Cherry Tomato Diced Peaches Fresh Pear Choice of Milk	5 Crispy Chicken Tenders Tator Tots Churro Pulled Pork Sandwich Turkey Deli Sub Sandwich Beef Taco Salad Baby Carrots Baby Spinach Apple Choice of Milk	6 <b>HOM: Spinach Week</b> Cheeseburger French Fries Cheese Bosco Sticks Turkey Deli Sub Sandwich Beef Taco Salad Baby Carrots Cherry Tomato Baby Spinach Fresh Cantaloupe Choice of Milk	7 Popcorn Chicken Bowl Dinner Roll Turkey Deli Sub Sandwich Beef Taco Salad Mashed Potatoes Steamed Corn Cherry Tomato Baby Spinach Fresh Grapes Choice of Milk	8 Beef & Cheese Quesadilla Spiced Pinto Beans Crispy Chicken Sandwich WG Bun Turkey Deli Sub Sandwich Beef Taco Salad Cherry Tomato Baby Spinach Banana Choice of Milk
11 Chicken Bacon Alfredo Flatbread Cheese Bosco Sticks Marinara Sauce Crispy Chicken Wrap Southwest Chicken Salad Steamed Peas Diced Peaches Apple Choice of Milk	12 Fluffy Pancakes Easy Egg Bake Sweet Potato Tots Crispy Chicken Sandwich WG Bun Crispy Chicken Wrap Southwest Chicken Salad Mixed Fruit Fresh Grapes Choice of Milk	13 <b>OUTDOOR COOKOUT</b> Grilled fun Hot dogs ala Warzecha Kettle Potato Chips Fresh Watermelon Chunks Baby Carrots Chocolate Chip Cookie, WG Dancing and Singing	14 Oven Fried Chicken Leg Potato Wedges Cheeseburger Crispy Chicken Wrap Southwest Chicken Salad Baked Beans, Vegetarian Celery Sticks Applesauce Fresh Grapes Choice of Milk	15 Pasta w/ Hearty Meat Sauce Garlic Toast Mini Corn Dogs Crispy Chicken Wrap Southwest Chicken Salad Roasted Broccoli Celery Sticks Diced Peas Kiwi Fruit Choice of Milk
18 Bacon, Egg & Cheese on English Muffin Tri Tater Cheese Bosco Sticks Turkey and Cheese Sandwich Chef Salad Baby Carrots Diced Peaches Clementine Orange Choice of Milk	19 Lasagna Garlic Toast Spicy Chicken Patty on WG Bun Turkey and Cheese Sandwich Chef Salad Roasted Broccoli Baby Carrots Apple Choice of Milk	20 Chicken Potstickers Fried Rice Cheeseburger Turkey and Cheese Sandwich Chef Salad Kung Fu Carrots Baby Carrots Pineapple Tidbits Banana Choice of Milk	21 Beefy Nachos with Homemade Cheese Sauce Spiced Pinto Beans Spicy Chicken Patty on WG Bun Turkey and Cheese Sandwich Chef Salad Baby Carrots Fresh Cantaloupe Choice of Milk	22 Homemade Cheese Pizza Pepperoni Pizza Turkey and Cheese Sandwich Chef Salad  California Blend Vegetable Baby Carrots Sliced Peas Kiwi Fruit Choice of Milk
25 No School	26 Crispy Chicken Nuggets Dinner Roll BBQ Rib Sandwich Buffalo Breaded Chicken Wrap Chicken Caesar Salad Roasted Broccoli Cauliflower Floret Fresh Pear Choice of Milk	27 House Made Italian Stromboli Spicy Chicken Patty on WG Bun Buffalo Breaded Chicken Wrap Chicken Caesar Salad Green Peas Cauliflower Floret Apple Choice of Milk	28 Italian Pasta Bake Dinner Roll Fish Sandwich w/Cheese Buffalo Breaded Chicken Wrap Chicken Caesar Salad Roasted Carrots Cauliflower Floret Applesauce Fresh Pear Choice of Milk	29 Walking Taco Lettuce, Tomato and Cheese Buffalo Breaded Chicken Wrap Chicken Caesar Salad Salsa Black Beans Cauliflower Floret Diced Peas Fresh Orange Quarters Choice of Milk

### PRICES

Student lunch	FREE
Adult Lunch	\$5.05
Milk	\$.60
Ala Carte options	Open

### EXTRA INFO

Sit with someone new this month  
Fresh baby carrots, chopped romaine lettuce  
and a variety of fruit available everyday

### HARVEST OF



### THE MONTH

Menus and nutrition  
our app  
Taher Food4Life®



www.taher.com