Rockford Elementary Lunch Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 REAMS Rocks	**1** Rocket Ready Days	**2** Rocket Ready Days	**3** Crispy Chicken Tenders Dinner Roll Yogurt Pak with Pretzel Bites Munchable Mashed Potatoes Steamed Corn Radish Applesauce Fresh Pear 1% Unflavored White Milk	**4** No School
7 No School	**8** Cheesy Bosco Stick Homemade Marinara Sauce Yogurt Pak with Pretzel Bites Munchable Sweet Potato Tots Baby Carrots Mixed Fruit Fresh Grapes 1% Unflavored White Milk 1% low Fat Chocolate Milk	**9** Homemade Orange Chicken Brown Rice, WG Yogurt Pak with Pretzel Bites Munchable Steamed Carrots Baby Carrots Pineapple Tidbits Apple 1% Unflavored White Milk 1% low Fat Chocolate Milk	**10** Corn Dog Yogurt Pak with Pretzel Bites Munchable Baked Beans, Vegetarian Celery Sticks Applesauce Clementine Orange 1% Unflavored White Milk 1% low Fat Chocolate Milk	**11** Pasta with Hearty Meat Sauce Garlic Toast Yogurt Pak with Pretzel Bites Munchable Roasted Broccoli Celery Sticks Diced Pear Fresh Grapes 1% Unflavored White Milk 1% low Fat Chocolate Milk
14 **HOM - Dill** Roasted Beef Hot Dog on a Bun Turkey and Cheese Sandwich French Fries Dill Pickle Salad Cherry Tomato Diced Peaches Apple 1% Unflavored White Milk 1% low Fat Chocolate Milk	**15** Crispy Chicken Nuggets Dinner Roll Turkey and Cheese Sandwich Roasted Broccoli Cherry Tomato Fresh Orange Quarters Banana 1% Unflavored White Milk 1% low Fat Chocolate Milk	**16** Chicken Potstickers Chicken Fried Rice Turkey and Cheese Sandwich Kung Fu Carrots Cherry Tomato Pineapple Tidbits Banana 1% Unflavored White Milk 1% low Fat Chocolate Milk	**17** Beefy Nachos with Homemade Cheese Turkey and Cheese Sandwich Salsa Black Beans Cucumber Slices Applesauce Fresh Cantaloupe 1% Unflavored White Milk 1% low Fat Chocolate Milk	**18** Homemade Cheese Pizza Turkey and Cheese Sandwich California Blend Vegetable Cucumber Slices Sliced Pears Banana 1% Unflavored White Milk 1% low Fat Chocolate Milk
21 Crispy Chicken Sandwich WG Bun Turkey Deli Sub Sandwich Seasoned Ranch Wedges Red/Orange Bell Pepper Strips Diced Peaches Fresh Pear 1% Unflavored White Milk 1% low Fat Chocolate Milk	**22** Chicken Bacon Ranch Melt Flatbread Turkey Deli Sub Sandwich Sweet Potato Tots Red/Orange Bell Pepper Strips Mixed Fruit Fresh Pineapple 1% Unflavored White Milk 1% low Fat Chocolate Milk	**23** House Made Italian Stromboli Turkey Deli Sub Sandwich Roasted Broccoli Red/Orange Bell Pepper Strips Pineapple Tidbits Apple 1% Unflavored White Milk 1% low Fat Chocolate Milk	**24** Macaroni & Cheese Dinner Roll Turkey Deli Sub Sandwich Roasted Carrots Cauliflower Floret Applesauce Clementine Orange 1% Unflavored White Milk 1% low Fat Chocolate Milk	**25** Chicken Tacos Lettuce, Tomato and Cheese Turkey Deli Sub Sandwich Salsa Sriracha Chickpeas Cauliflower Floret Diced Pear Fresh Pear 1% Unflavored White Milk 1% low Fat Chocolate Milk
28 All Amerian Hamburger on WG Bun Crispy Chicken Wrap Munchable Steamed Green Beans Baby Carrots Diced Peaches Fresh Grapes 1% Unflavored White Milk 1% low Fat Chocolate Milk	**29** BBQ Pulled Pork Sandwich Crispy Chicken Wrap Munchable Baked Beans, Vegetarian Baby Carrots Mixed Fruit Apple 1% Unflavored White Milk 1% low Fat Chocolate Milk	**30** Beefy Nachos with Homemade Cheese Crispy Chicken Wrap Munchable Roasted Corn Baby Carrots Pineapple Tidbits Kiwi Fruit 1% Unflavored White Milk 1% low Fat Chocolate Milk	**1** 	

PRICES

Milk	$.60
Student Lunch	FREE
Adult Lunch	$5.30

EXTRA INFO

Welcome Back

HARVEST OF THE MONTH

Your MENUS plus more information on our app Taher Food4Life®

FOOD 4 LIFE TAHER

www.taher.com

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