Rockford Middle School

Lunch Menu

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	**1** Crispy Chicken Sandwich WG Bun Spicy Chicken Patty on WG Bun Lettuce and Tomato Honey Mustard Ham Wrap French Fries Spiced Pinto Beans	**2** Italian Toasted Cheese Sand with Marinara Marinara Sauce Hot Dog Bun, WG Honey Mustard Ham Wrap Fresh Salad Bar Choice of Milk	**3** Popcorn Chicken Bowl Dinner Roll Honey Mustard Ham Wrap Beef Taco Salad Mashed Potatoes Steamed Corn Fresh Salad Bar Choice of Milk	**4** No School
7 No School	**8** Cheesy Bosco Stick Homemade Marinara Sauce Cheeseburger on WG Bun Lettuce and Tomato Turkey & Cheese Flatbread Munchable Sweet Potato Tots Crispy Chicken Salad Fresh Fruit Bar Choice of Milk	**9** Homemade Orange Chicken Brown Rice, WG Cheeseburger on WG Bun Lettuce and Tomato Turkey & Cheese Flatbread Munchable Steamed Carrots Crispy Chicken Salad Fresh Salad Bar Choice of Milk	**10** Corn Dog Cheeseburger on WG Bun Lettuce and Tomato Turkey & Cheese Flatbread Munchable Baked Beans, Vegetarian Crispy Chicken Salad Fresh Salad Bar Choice of Milk	**11** Pasta w/ Hearty Meat Sauce Garlic Toast Cheeseburger on WG Bun Lettuce and Tomato Turkey & Cheese Flatbread Munchable Roasted Broccoli Crispy Chicken Salad Fresh Salad Bar Choice of Milk
14 **HOM - Dill** Roasted Beef Hot Dog on a Bun Crispy Chicken Nuggets Dinner Roll Turkey and Cheese Sandwich French Fries Dill Pickle Salad Buffalo Chicken Salad Fresh Salad Bar Choice of Milk	**15** Italian Pasta Bake Garlic Toast Mini Corn Dogs Dinner Roll Turkey and Cheese Sandwich Roasted Broccoli Buffalo Chicken Salad Fresh Salad Bar Choice of Milk	**16** Chicken Potstickers Chicken Fried Rice Crispy Chicken Nuggets Dinner Roll Turkey and Cheese Sandwich Kung Fu Carrots Buffalo Chicken Salad Fresh Salad Bar Choice of Milk	**17** Beefy Nachos with Homemade Cheese Turkey and Cheese Sandwich Salsa Black Beans Buffalo Chicken Salad Fresh Salad Bar Choice of Milk	**18** Homemade Cheese Pizza Homemade Pepperoni Pizza Turkey and Cheese Sandwich California Blend Vegetable Buffalo Chicken Salad Fresh Salad Bar Choice of Milk
21 Sloppy Joe on WG Bun Crispy Chicken Sandwich WG Bun Lettuce and Tomato Crispy Chicken Wrap Seasoned Ranch Wedges Chef Salad Fresh Salad Bar Choice of Milk	**22** Chicken Bacon Ranch Melt Flatbread Cheeseburger on WG Bun Lettuce and Tomato Crispy Chicken Wrap Sweet Potato Tots Chef Salad Fresh Salad Bar Choice of Milk	**23** House Made Italian Stromboli Crispy Chicken Sandwich WG Bun Lettuce and Tomato Crispy Chicken Wrap Roasted Broccoli Chef Salad Fresh Salad Bar Choice of Milk	**24** Macaroni & Cheese Dinner Roll BBQ Rib Sandwich Crispy Chicken Wrap Roasted Carrots Chef Salad Fresh Salad Bar Choice of Milk	**25** Chicken Tacos Lettuce, Tomato and Cheese Corn Dog Crispy Chicken Wrap Salsa Sriracha Chickpeas Chef Salad Fresh Salad Bar Choice of Milk
28 Cheesy Bosco Stick Marinara Sauce All Amerian Hamburger on WG Bun Lettuce and Tomato Turkey BLT Wrap Steamed Green Beans Chicken Caesar Salad Fresh Salad Bar Choice of Milk	**29** Roasted Beef Hot Dog on a Bun All Amerian Hamburger on WG Bun Lettuce and Tomato Turkey BLT Wrap Baked Beans, Vegetarian Chicken Caesar Salad Fresh Salad Bar Choice of Milk	**30** Walking Taco All Amerian Hamburger on WG Bun Lettuce and Tomato Turkey BLT Wrap Roasted Corn Chicken Caesar Salad Fresh Salad Bar Choice of Milk	**1**	

PRICES

Student lunch	FREE
Adult Lunch	$5.30
Milk	$.60
Ala Carte options	$2-$4

EXTRA INFO

Fresh Fruit and Vegetable
Available every day on the
Salad bar
1%, skim and chocolate milk available

HARVEST OF THE MONTH

Menus and nutrition 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.