



Rockford Elementary Lunch Menu

October
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Daily Choice of Milk- Skim- 1% and Skim Chocolate	29	30	1 Chicken Alfredo w/Pasta Garlic Toast Crispy Chicken Wrap Munchable Roasted Broccoli Celery Sticks Applesauce Fresh Grapes Choice of Milk	2 Country Fried Chicken and Gravy Mashed Potatoes Dinner Roll Crispy Chicken Wrap Munchable Glazed Carrots Celery Sticks Diced Pear Fresh Grapes
5 Chicken Potstickers Fried Rice Ham & Cheese Flatbread Munchable Kung Fu Carrots Cherry Tomato Diced Peaches Banana Choice of Milk	6 Grilled Ham & Cheese Sandwich Ham & Cheese Flatbread Munchable Sweet Potato Tots Cherry Tomato Mixed Fruit Banana Choice of Milk	7 Beef Tacos, Soft Lettuce, Tomato and Cheese Ham & Cheese Flatbread Munchable Cilantro Lime Rice Cherry Tomato Pineapple Tidbits Banana Choice of Milk	8 Corn Dog Ham & Cheese Flatbread Munchable Honey Roasted Cinnamon Chickpeas Cucumber Slices CRUNCH INTO AN APPLE TODAY Choice of Milk	9 Homemade Cheese Pizza Ham & Cheese Flatbread Munchable Roasted Broccoli Cucumber Slices Diced Pear Banana Choice of Milk
12 Macaroni & Cheese Dinner Roll Yogurt Pak with Pretzel Bites Munchable Collard Greens Red/orange Bell Pepper Strips Diced Peaches Fresh Pear Choice of Milk	13 Homemade Meatballs Gravy Yogurt Pak with Pretzel Bites Munchable Mashed Potatoes Red/orange Bell Pepper Strips Mixed Fruit Fresh Pear Choice of Milk	14 MEA Weekend	15 MEA Weekend	16 MEA Weekend
19 Cheesy Bosco Stick Marinara Sauce Turkey & Cheese Flatbread Munchable Steamed Peas Baby Carrots Diced Peaches Fresh Grapes Choice of Milk	20 Fluffy Pancakes Easy Egg Bake Turkey & Cheese Flatbread Munchable Sweet Potato Tots Baby Carrots Mixed Fruit Fresh Grapes Choice of Milk	21 Chef is Bringing a Tasty Surprise Day!!!! Homemade Orange Chicken Brown Rice, WG Turkey & Cheese Flatbread Munchable Baby Carrots Pineapple Tidbits Fresh Grapes Choice of Milk	22 Corn Dog Turkey & Cheese Flatbread Munchable Baked Beans, Vegetarian Celery Sticks Applesauce Fresh Grapes Choice of Milk	23 HOM - Broccoli Pasta w/ Hearty Meat Sauce Garlic Toast Turkey & Cheese Flatbread Munchable Roasted Broccoli Celery Sticks Diced Pear Fresh Grapes Choice of Milk
26 Roasted Beef Hot Dog on a Bun Turkey and Cheese Sandwich French Fries Cherry Tomato Diced Peaches Banana Choice of Milk	27 Crispy Chicken Nuggets Dinner Roll Turkey and Cheese Sandwich Roasted Broccoli Cherry Tomato Mixed Fruit Banana Choice of Milk	28 Cheeseburger on WG Bun French Fries Turkey and Cheese Sandwich Kung Fu Carrots Cherry Tomato Pineapple Tidbits Banana Choice of Milk	29 Beefy Nachos with Homemade Cheese Turkey and Cheese Sandwich Salsa Black Beans Cucumber Slices Applesauce Banana Choice of Milk	30 Homemade Cheese Pizza Turkey and Cheese Sandwich California Blend Vegetable Cucumber Slices Sliced Pears Banana Choice of Milk

PRICES	Milk	\$.60
	Student Lunch	FREE
	Adult Lunch	\$5.30
EXTRA INFO	Are you ready for Minnesota Great Apple Crunch Day October 8th at noon Chomp into a yummy APPLE	



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