

Rockford Middle School

October
2026

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 	29 	30 	1 Creamy Chicken Spaghetti Dinner Roll All American Hamburger on WG Bun Chef Salad Turkey BLT Wrap Roasted Broccoli Celery Sticks Applesauce Fresh Grapes	2 Country Fried Chicken and Gravy Dinner Roll Max Stix Chef Salad Turkey BLT Wrap Mashed Potatoes Glazed Carrots Celery Sticks Diced Pear
5 Italian Toasted Cheese Sand with Marinara Crispy Chicken Nuggets Dinner Roll Ham & Cheese Flatbread Munchable Beef Taco Salad Sweet Potato Tots Cherry Tomato Diced Peaches	6 Chicken Potstickers Fried Rice Crispy Chicken Nuggets Dinner Roll Ham & Cheese Flatbread Munchable Beef Taco Salad Kung Fu Carrots Cherry Tomato Mixed Fruit	7 Homestyle Meatloaf Dinner Roll Crispy Chicken Nuggets Dinner Roll Ham & Cheese Flatbread Munchable Beef Taco Salad Mashed Potatoes Cherry Tomato Pineapple Tidbits	8 Homemade Pepperoni Pizza Homemade Cheese Pizza Ham & Cheese Flatbread Munchable Honey Roasted Cinnamon Chickpeas Cucumber Slices Applesauce	9 Corn Dog Crispy Chicken Nuggets Dinner Roll Ham & Cheese Flatbread Munchable Beef Taco Salad Roasted Broccoli Cucumber Slices Diced Pear
12 Macaroni & Cheese Dinner Roll Spicy or Original Chicken Sandwich Burger Fixings Crispy Chicken Wrap Buffalo Chicken Salad Collard Greens Red/orange Bell Pepper Strips	13 Beef Tacos, Soft Lettuce, Tomato and Cheese Spicy or Original Chicken Sandwich Burger Fixings Crispy Chicken Wrap Buffalo Chicken Salad Spiced Pinto Beans Red/orange Bell Pepper Strips	14 MEA Weekend	15 MEA Weekend	16 MEA Weekend
19 Cheesy Bosco Stick Marinara Sauce Cheeseburger on WG Bun Burger Fixings Crispy Chicken Salad Turkey & Cheese Flatbread Munchable Steamed Peas Baby Carrots Diced Peaches	20 Fluffy Pancakes Easy Egg Bake Cheeseburger on WG Bun Burger Fixings Turkey & Cheese Flatbread Munchable Crispy Chicken Salad Sweet Potato Tots Baby Carrots Mixed Fruit	21 Homemade Orange Chicken Brown Rice, WG Cheeseburger on WG Bun Burger Fixings Turkey & Cheese Flatbread Munchable Crispy Chicken Salad Steamed Carrots Baby Carrots Pineapple Tidbits	22 Pasta w/ Hearty Meat Sauce Garlic Toast Cheeseburger on WG Bun Burger Fixings Turkey & Cheese Flatbread Munchable Crispy Chicken Salad Baked Beans, Vegetarian Celery Sticks Applesauce	23 HOM - Broccoli Corn Dog French Fries Cheeseburger on WG Bun Burger Fixings Turkey & Cheese Flatbread Munchable Roasted Broccoli Celery Sticks Diced Pear Fresh Grapes
26 Roasted Beef Hot Dog on a Bun Crispy Chicken Nuggets Dinner Roll Turkey and Cheese Sandwich Chicken Caesar Salad French Fries Cherry Tomato Diced Peaches	27 Lasagna Garlic Toast Crispy Chicken Nuggets Dinner Roll Turkey and Cheese Sandwich Chicken Caesar Salad Roasted Broccoli Cherry Tomato Mixed Fruit	28 Chicken Potstickers Fried Rice Chef is making Fresh Stir Fry Crispy Chicken Nuggets Dinner Roll Turkey and Cheese Sandwich Chicken Caesar Salad Cherry Tomato Banana	29 Beefy Nachos with Homemade Cheese Crispy Chicken Nuggets Dinner Roll Turkey and Cheese Sandwich Chicken Caesar Salad Salsa Black Beans Cucumber Slices Applesauce	30 Homemade Cheese Pizza Homemade Pepperoni Pizza Turkey and Cheese Sandwich Chicken Caesar Salad California Blend Vegetable Cucumber Slices Sliced Pears Banana

PRICES

Student lunch	FREE
Adult Lunch	\$5.30
Milk	\$.60
Ala Carte options	\$1.25
	\$4

EXTRA INFO

Fresh fruit and vegetable bar available everyday!!
Choose Healthy!

HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®



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