

Rockford Middle School

November
2026

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Crispy Chicken Nuggets Dinner Roll Cheeseburger on WG Bun Crispy Chicken Wrap Beef Taco Salad Sweet Potato Tots Diced Red/Orange Bell Pepper Fresh Pear Choice of Milk	4 House Made Italian Stromboli Cheeseburger on WG Bun Crispy Chicken Wrap Beef Taco Salad Roasted Broccoli Diced Red/Orange Bell Pepper Fresh Orange Quarters Choice of Milk	5 Macaroni & Cheese Dinner Roll Cheeseburger on WG Bun Crispy Chicken Wrap Beef Taco Salad Roasted Carrots Cauliflower Floret Applesauce Choice of Milk	6 Chicken Tacos Lettuce, Tomato and Cheese Cheeseburger on WG Bun Crispy Chicken Wrap Beef Taco Salad Salsa Black Beans & Rice Cauliflower Floret Apple Choice of Milk
9 Cheesy Bosco Stick Marinara Sauce Roasted Beef Hot Dog on a Bun Turkey BLT Wrap Chicken Caesar Salad Steamed Green Beans Baby Carrots Fresh Grapes Choice of Milk	10 Popcorn Chicken Dinner Roll Roasted Beef Hot Dog on a Bun Potato Wedges Turkey BLT Wrap Chicken Caesar Salad Baby Carrots Kiwi Fruit Choice of Milk	11 Beefy Nachos with Homemade Cheese Spanish Rice Hot Dog Bun, WG Turkey BLT Wrap Chicken Caesar Salad Spiced Pinto Beans Baby Carrots Fresh Grapes Choice of Milk	12 Creamy Chicken Spaghetti Dinner Roll Hot Dog Bun, WG Turkey BLT Wrap Chicken Caesar Salad Roasted Broccoli Celery Sticks Fresh Pineapple Choice of Milk	13 HOM - Winter Squash & Sage Roast Turkey & Gravy Mashed Potatoes Dinner Roll Roasted Butternut Squash and Fresh Sage Hot Dog Bun, WG Turkey BLT Wrap Chicken Caesar Salad Fresh Cantaloupe Choice of Milk
16 Grilled Cheese Sandwich Marinara Sauce Spicy or Original Chicken Sandwich Turkey Deli Sub Sandwich Garden Vegetable Salad Sweet Potato Tots Cherry Tomato Apple Choice of Milk	17 Chicken Potstickers Fried Rice Spicy or Original Chicken Sandwich Ham & Cheese Flatbread Munchable Garden Vegetable Salad Kung Fu Carrots Cherry Tomato Clementine Orange	18 Fresh Roasted Turkey Dinner Roll Spicy or Original Chicken Sandwich Ham & Cheese Flatbread Munchable Garden Vegetable Salad Mashed Potatoes Cherry Tomato Banana	19 Chicken and Cheese Quesadilla Spicy or Original Chicken Sandwich Ham & Cheese Flatbread Munchable Lettuce, Tomato and Cheese Garden Vegetable Salad Spiced Pinto Beans Cucumber Slices	20 Homemade Pepperoni Pizza Homemade Cheese Pizza Ham & Cheese Flatbread Munchable Garden Vegetable Salad Roasted Broccoli Cucumber Slices Banana Choice of Milk
23 Macaroni & Cheese Dinner Roll Honey Mustard Ham Wrap Collard Greens Diced Red/Orange Bell Pepper Diced Peaches Fresh Pear 1% Unflavored White Milk 1% Low Fat Chocolate Milk	24 Chef Mike is Coming Chef Mike's Famous Dan Dan Noodles	25 Happy	26 Thanksgiving	27 Break
30 Cheesy Bosco Stick Marinara Sauce Corn Dog Turkey & Cheese Flatbread Munchable 7 Layer Salad Steamed Peas Baby Carrots Fresh Grapes Choice of Milk	1			

PRICES

Student lunch	FREE
Adult Lunch	\$5.30
Milk	\$.60
Ala Carte options	\$1.25
	\$4.00

EXTRA INFO

Taher Regional Chef Mike Demos
Coming on the 24th

HARVEST OF



THE MONTH

Menus and nutrition
our app
Taher Food4Life®



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