November 2019

Rockford High School
Lunch Menu

Classics Cafe
- Sloppy Taco Sandwich, Mexican Corn, Mini Rice Krispie Treat

Diner
- Maxi Sticks w/Marinara

Pizza Parlor
- Pepperoni, Sausage, Cheese

Grab and Go
- Chef Salad, Ham Deli Sandwich
- Buffalo Chicken Sandwich

Chef on Display
- Chef Salad, Ham Deli Sandwich
- Buffalo Chicken Sandwich

Milk choice of 1%, Skim or Chocolate Skim is included with lunch. For questions or comments contact the Food Service Director at: graunked@rockford.k12.mn.us or call 763-477-5846 ext. 3052

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Rockford High School
Lunch Menu

**November 2019**

**Classic Cafe**  Lasagna, Garlic Toast, Caesar Salad

**Diner**  Mini Corn Dogs

**Pizza Parlor**  Pepperoni, Sausage, Cheese

**Grab and Go**  Beef Taco Salad, Turkey Ranch Wrap

**Chef on Display**  Turkey Gyros

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**Monday**

- **No School**

**Tuesday**

- **Classic Cafe**  Turkey BLT Flatbread, Sweet Potato Fries
- **Diner**  Fish Sandwich with Cheese
- **Pizza Parlor**  Pepperoni, Sausage, Cheese
- **Grab and Go**  Crispy Chicken Salad, Turkey BLT Wrap
- **Chef on Display**  Breakfast Wraps

**Wednesday**

- **Classic Cafe**  Sloppy Joe on a Bun, Golden French Fries
- **Diner**  Crispy Chicken Tenders
- **Pizza Parlor**  Pepperoni, Sausage, Cheese
- **Grab and Go**  Chicken Caesar Salad, Cold Cut Combo Sub
- **Chef on Display**  Sub Sandwich Bar

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**Thursday**

- **Classic Cafe**  Chicken Waffle Sandwich, Broccoli Salad
- **Diner**  Spicy Chicken Patty on Bun
- **Pizza Parlor**  Pepperoni, Sausage, Cheese
- **Grab and Go**  7 Layer Salad, Buffalo Chicken Wrap
- **Chef on Display**  BBQ Chicken Pizza

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**Friday**

- **Classic Cafe**  Lasagna, Garlic Toast, Caesar Salad
- **Diner**  Mini Corn Dogs
- **Pizza Parlor**  Pepperoni, Sausage, Cheese
- **Grab and Go**  Beef Taco Salad, Turkey Ranch Wrap
- **Chef on Display**  Turkey Gyros

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<table>
<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Classic Cafe</td>
<td>Grilled Cheese Sandwich, Tomato Soup</td>
<td>Soft Beef Tacos, Spanish Rice, Refried Beans, Churro</td>
<td>Classic Cafe</td>
<td>Chicken Alfredo over Pasta, Green Beans, Garlic Toast, Chocolate Chip Cookie</td>
</tr>
<tr>
<td></td>
<td>Diner</td>
<td>Bratwurst on a WG Bun</td>
<td>Cheeseburger on Bun</td>
<td>Diner</td>
<td>Maxi Sticks w/Marinara</td>
</tr>
<tr>
<td></td>
<td>Pizza Parlor</td>
<td>Pepperoni, Sausage, Cheese</td>
<td>Pepperoni, Sausage, Cheese</td>
<td>Pizza Parlor</td>
<td>Pepperoni, Sausage, Cheese</td>
</tr>
<tr>
<td></td>
<td>Grab and Go</td>
<td>Turkey BLT Salad, Ham Deli Sub Sandwich</td>
<td>Garden Vegetable Salad, Honey Mustard Ham Wrap</td>
<td>Grab and Go</td>
<td>Turkey BLT Salad, Turkey Deli Sandwich</td>
</tr>
<tr>
<td></td>
<td>Chef on Display</td>
<td>Chef's Elementary and Middle School Visiting Day</td>
<td>Chef on Display</td>
<td>Chef on Display</td>
<td>Chef on Display</td>
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<tr>
<td></td>
<td>Chef on Display</td>
<td>Sausage Pesto Cavatappi</td>
<td></td>
<td></td>
<td>Chicken Chow Mein</td>
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</tbody>
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### Rockford High School
#### Lunch Menu

#### November 2019

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<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Diner: Corn Dog</td>
<td>Diner: Crispy Chicken Sandwich</td>
<td>Diner: Hamburger on Whole Grain Bun</td>
<td>Diner: Fish Sandwich with Cheese</td>
<td>Diner: BBQ Pork on Pretzel Bun</td>
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<tr>
<td></td>
<td>Grab and Go: Chef Salad, Chicken Caesar Wrap</td>
<td>Grab and Go: Buffalo Chicken Salad, Egg Salad Sandwich</td>
<td>Grab and Go: Chef Salad, Chicken Caesar Wrap</td>
<td>Grab and Go: Cravin Craisin Salad, Turkey BLT Wrap</td>
<td>Grab and Go: Chef on Display: Omelet Bar</td>
</tr>
<tr>
<td></td>
<td>Chef on Display: Mashed Potato Station</td>
<td>Chef on Display: Beef Stroganoff over Pasta</td>
<td>Chef on Display: PB &amp; J Bar</td>
<td>Chef on Display: BBQ Pork on Pretzel Bun</td>
<td>Chef on Display: Omelet Bar</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Date</th>
<th>Meal</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>25</td>
<td>Classic Cafe</td>
<td>Salisbury Steak Sandwich, Mashed Potatoes, Gravy</td>
<td>Pepperoni, Sausage, Cheese</td>
<td>Chicken and Cheese Quesadilla, Chicken Tortilla Soup</td>
<td>Chicken Caesar Salad, Ham Deli Sandwich</td>
<td>Chef's Elementary and Middle School Visiting Day</td>
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<tr>
<td></td>
<td>Diner</td>
<td>Crispy Chicken Tenders</td>
<td></td>
<td>Spicy Chicken Patty on Bun</td>
<td>Chef on Display</td>
<td>L.T.O. Hot Sicilian Sandwich</td>
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<tr>
<td></td>
<td>Pizza Parlor</td>
<td>Pepperoni, Sausage, Cheese</td>
<td></td>
<td>Pepperoni, Sausage, Cheese</td>
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<td></td>
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<tr>
<td></td>
<td>Grab and Go</td>
<td>Beef Taco Salad, Turkey BLT Wrap</td>
<td></td>
<td>Crispy Chicken Salad, Cold Cut Combo Sub</td>
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<td></td>
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<tr>
<td>26</td>
<td>Classic Cafe</td>
<td></td>
<td>Salisbury Steak Sandwich, Mashed Potatoes, Gravy</td>
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<td></td>
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<tr>
<td></td>
<td>Diner</td>
<td>Mini Corn Dogs</td>
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<tr>
<td>27</td>
<td>Classic Cafe</td>
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<tr>
<td></td>
<td>Diner</td>
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<td></td>
<td>Spicy Chicken Patty on Bun</td>
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<tr>
<td>28</td>
<td>No School</td>
<td>Thanksgiving</td>
<td></td>
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<tr>
<td>29</td>
<td>No School</td>
<td>Day After Thanksgiving</td>
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