

Rockford Middle School Lunch Menu

October
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Popcorn Chicken Bowl Mashed Potatoes Steamed Corn Whole Grain Dinner Roll Turkey Deli Sub Sandwich Max Stix Caesar Salad Fresh Apple 1% Milk	4 Cheesy Italian Flatbread Garlic & Herb Broccoli Red/Orange Bell Pepper Turkey Ranch Wrap Beef Hotdog on a Bun Fresh Fruit Bar 1% Milk	5 Pasta with Meat Sauce Rip Stick Breadstick Caesar Salad Cold Cut Combo Sub Cheeseburger on a Bun Fresh Fruit Bar 1% Milk	6 Give a FIG a Try Walking Taco Lettuce, Tomato and Cheese Roasted Cauliflower Beef Taco Salad Corn Dog Fresh Fruit Bar 1% Milk Sample a FIG NEWTON	7 FARM FRESH FRIDAY Crispy Chicken Sandwich Golden French Fries Roasted Cauliflower Cold Cut Combo Sub Chef Salad Farm Fresh Apples Romaine Lettuce 1% Milk
10 Hamburger on a Bun Golden French Fries Pickle Slice Max Stix Cold Cut Combo Sub Romaine Lettuce Fresh Fruit Bar 1% Milk	11 Beefy Nachos w/Homemade Cheese Sauce Refried Beans Salsa Beef Hotdog on a Bun Crispy Chicken Wrap Romaine Lettuce Fresh Fruit Bar 1% Milk	12 BBQ Pulled Pork Sandwich Kettle Potato Chips Steamed Green Beans Coleslaw Cheeseburger on a Bun Ham Deli Sub Sandwich Fresh Fruit Bar 1% Milk Chocolate Chip Cookie	13 Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Corn Corn Dog Beef Taco Salad Baby Carrots Fresh Fruit Bar 1% Milk	14 BBQ Chicken Legs Macaroni & Cheese Roasted Broccoli Cold Cut Combo Sub Pretzel Bites & Cheese Munchable Cherry Tomato Fresh Fruit Bar 1% Milk
17 Pasta Bar Garlic Toast Max Stix Turkey Deli Sub Sandwich Cucumber Ranch Salad Celery Sticks Fresh Fruit Bar 1% Milk	18 NEW RECIPE Creamy Chicken Enchilada Mexican Brown Rice Spicy Pinto Beans Salsa Beef Hotdog on a Bun Turkey Ranch Wrap Romaine Lettuce Fresh Fruit Bar 1% Milk	19 MEA WEEKEND	20 MEA WEEKEND	21 MEA WEEKEND
24 Crispy Chicken Sandwich Cajun Chips Calico Bean Bake Max Stix Cold Cut Combo Sub Red/Orange Bell Pepper Fresh Fruit Bar 1% Milk	25 Pasta with Meat Sauce Rip Stick Breadstick Roasted Cauliflower Beef Hotdog on a Bun Crispy Chicken Wrap Caesar Salad Canned Fruit Bar 1% Milk	26 Grilled Cheese Sandwich Tomato Soup Steamed Peas Cheeseburger on a Bun Turkey Ham Deli Sub Sandwich Cucumber Slices Fresh Fruit Bar 1% Milk Chocolate Chip Cookie	27 Cheese & Pepperoni Flatbread Glazed Carrots Corn Dog Cold Cut Combo Sub Broccoli Florets Fresh Fruit Bar 1% Milk	28 NEW RECIPE Build Your Own Tator Tot Bowl Cinnamon Roll Green Beans Cold Cut Combo Sub Pretzel Bites & Cheese Munchable Baby Carrots Fresh Fruit Bar 1% Milk
31 Pancakes Easy Egg Bake Breakfast Potatoes Max Stix Turkey Deli Sandwich Celery Sticks Canned Fruit Bar 1% Milk				

PRICES

Student Lunch	\$3.15
Adult Lunch	\$4.95
Ala Carte Options	\$.50
Ala Carte up to	\$2.50
Milk	\$.60

EXTRA INFO

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.