



Rockford High School Lunch Menu

Fresh fruits & vegetables available daily.

April
2022

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

SPRING BREAK

EXTRA INFO

Harvest of the Month



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

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





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MONDAY

Classic Cafe Southwestern Burger Quesadilla,
Golden French Fries

Diner Max Sticks, Marinara Sauce

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Chicken Caesar Wrap

7

THURSDAY

Classic Cafe Crispy Chicken Tenders, Whole
Grain Dinner Roll

Diner BBQ Burger

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Turkey Deli Sub Sandwich

5

TUESDAY

Classic Cafe Turkey BLT Flatbread,
Steamed Corn

Diner Corn Dog

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J
Sandwich, 7 Layer Salad

8

FRIDAY

Classic Care BBQ Chicken Pizza

Diner Oven Roasted Brat on Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Egg Salad Sub Sandwich, Double
Decker PB & J Sandwich

6

WEDNESDAY

Classic Cafe Baked Potato Bar, Hamburger
Gravy

Diner Spicy Chicken Patty on Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Honey Mustard Ham Wrap

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MONDAY

Classic Cafe Chicken Gyro, Greek Fries

Diner Mini Corn Dogs

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Cold Cut Combo Sub

14

THURSDAY

Classic Cafe Waffle Sandwich, Breakfast
Potatoes, Strawberry Topping

Diner BBQ Rib Sandwich

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Hot Deli Sandwich

12

TUESDAY

Classic Cafe Italian Meatball Sub, Steamed
Peas

Diner Cheese Bosco Stick, Marinara
Sauce

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J
Sandwich, Chef Salad

15

FRIDAY

NO SCHOOL

13

WEDNESDAY

Classic Cafe Popcorn Chicken Bowl, Whole Grain
Dinner Roll

Diner Cheeseburger on a Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich,
Turkey Ranch Wrap

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MONDAY

- Classic Cafe** Crispy Chicken Sandwich,
Tater Tots
- Diner** Corn Dog
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich,
Ham & Cheese Hoagie

21

THURSDAY

- Classic Cafe** Beefy Nachos w/Cheese
Sauce
- Diner** Oven Roasted Brat on a Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich,
Turkey BLT Salad

19

TUESDAY

- Classic Cafe** Pasta with Meat Sauce, Rip
Stick Breadstick
- Diner** BBQ Burger
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich,
Chicken Caesar Salad

22

FRIDAY

- Classic Cafe** Turkey & Gravy, Steamed
Broccoli
- Diner** Spicy Chicken Patty on Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich,
Deli Sub Sandwich

20

WEDNESDAY

- Classic Cafe** Pork Ramen Noodle Bowl
- Diner** Cheese Bosco Stick, Marinara
Sauce
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich,
Buffalo Chicken Wrap

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Classic Cafe Pancakes, Syrup, Easy Egg Bake, Breakfast Potatoes

Diner Cheeseburger on a Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich, Crispy Chicken Wrap

28

THURSDAY

Classic Cafe Italian Stromboli, Green Beans

Diner Mini Corn Dogs

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich, Italian Sub

26

TUESDAY

Classic Cafe Walking Taco

Diner Max Stix, Marinara Sauce

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich, Honey Mustard Ham Wrap

29

FRIDAY

Classic Cafe Double Dog Day, Sport Chips

Diner BBQ Chicken Sandwich

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich, Cold Cut Combo Sub

27

WEDNESDAY

Classic Cafe BBQ Pulled Pork Sandwich, Coleslaw, Potato Wedges

Diner Spicy Chicken Patty on Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab & Go Double Decker PB & J Sandwich, Beef Taco Salad

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