



Rockford Elementary Lunch Menu

October
2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| 3 Hamburger on a Bun Golden French Fries Yogurt Pak with Pretzel Bites Fresh Fruit Bar Romaine Lettuce 1% Milk | 4 Beefy Nachos w/Homemade Cheese Sauce Refried Beans Turkey Deli Sub Sandwich Salsa Romaine Lettuce Fresh Fruit Bar 1% Milk | 5 Try a Fig Day Chicken & Gravy Mashed Potatoes Turkey & Cheese Flatbread Munchable Fresh Fruit Bar 1% Milk Fig Newton Samples | 6 Crispy Chicken Tenders Whole Grain Dinner Roll Pretzel Bites w/Cheese Cubes Steamed Corn Baby Carrots Fresh Fruit Bar 1% Milk | 7 FARM FRESH FRIDAY Pepperoni Pizza Roasted Broccoli Beef Taco Salad Cherry Tomato Farm Apples 1% Milk |
| 10 Build Your Own Hot Dog Yogurt Pak with Pretzel Bites Cucumber Ranch Salad Celery Sticks Fresh Fruit Bar 1% Milk | 11 Cheese Quesadilla Spicy Pinto Beans Salsa Turkey Deli Sub Sandwich Romaine Lettuce Fresh Fruit Bar 1% Milk | 12 Breakfast For Lunch Breakfast Stacker Sandwich Tater Tots Turkey & Cheese Flatbread Munchable Cucumber Slices Fresh Fruit Bar 1% Milk | 13 Popcorn Chicken Mashed Potatoes Whole Grain Dinner Roll Pretzel Bites w/Cheese Cubes Steamed Corn Fresh Apple Fresh Fruit Bar 1% Milk | 14 Cheesy Italian Flatbread Garlic & Herb Broccoli Beef Taco Salad Red/Orange Bell Pepper Fresh Fruit Bar 1% Milk |
| 17 Crispy Chicken Sandwich Calico Bean Bake Yogurt Pak with Pretzel Bites Red/Orange Bell Pepper Fresh Fruit Bar 1% Milk | 18 Pasta with Meat Sauce Rip Stick Breadstick Roasted Cauliflower Turkey Deli Sub Sandwich Caesar Side Salad Fresh Fruit Bar 1% Milk | 19 MEA WEEKEND | 20 MEA WEEKEND | 21 MEA WEEKEND |
| 24 Pancakes Easy Egg Bake Breakfast Potatoes Yogurt Pak with Pretzel Bites Celery Sticks Fresh Fruit Bar 1% Milk | 25 Tacos Open Doors Chicken Tacos Black Beans Salsa Turkey Deli Sub Sandwich Romaine Lettuce Fresh Fruit Bar 1% Milk | 26 Crispy Chicken Sandwich Roasted Broccoli Golden French Fries Turkey & Cheese Flatbread Munchable Canned Fruit Bar 1% Milk | 27 Italian Stromboli Steamed Green Beans Pretzel Bites w/Cheese Cubes Baby Carrots Fresh Fruit Bar 1% Milk | 28 FARM FRESH FRIDAY Chicken Bites w/ Sweet & Sour Sauce Brown Rice Stir Fry Vegetable Beef Taco Salad Red/Orange Bell Pepper Fresh Fruit Bar 1% Milk |
| 31 Parmesan Chicken Bites Buttered Noodles California Blend Vegetable Yogurt Pak with Pretzel Bites Celery Sticks Fresh Fruit Bar 1% Milk | REAMS Rocks | | | |

PRICES

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|---------------|--------|
| Milk | \$.60 |
| Student Lunch | \$2.90 |
| Adult Lunch | \$4.95 |

EXTRA INFO

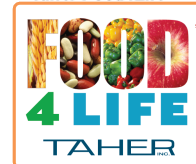
Free and Reduced Forms Are Still Available

HARVEST OF



THE MONTH

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