

# Rockford High School Lunch Menu

It is October already!!

October  
2022

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3  
MONDAY

- Classic Cafe** Salisbury Steak, Mashed Potatoes, Gravy
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Spicy Chicken Patty on Bun
- Fruit & Veggie Bar** Lettuce Romaine Mix, Fresh Fruit Bar, Cherry Tomato
- Grab & Go** Double Decker PB & J Sandwich, Ham Deli Sub Sandwich

6  
THURSDAY

- Classic Cafe** Crispy Chicken Tenders, Golden French Fries, Whole Grain Dinner Roll, Steamed Corn
- Pizza Station** Sausage Pizza, Cheese Pizza, Pepperoni Pizza
- Diner Station** Cheese Bosco Stick
- Fruit & Veggie Bar** Baby Carrots, Romaine Lettuce, Cucumber Slices, Fresh Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich, Cold Cut Combo Sub

4  
TUESDAY

- Classic Cafe** Beefy Nachos w/Homemade Cheese Sauce, Refried Beans
- Pizza Station** Sausage Pizza, Cheese Pizza, Pepperoni Pizza
- Diner Station** Corn Dog
- Fruit & Veggie Bar** Baby Carrots, Romaine Lettuce, Salsa, Fresh Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich, Spicy Chicken Patty on Bun

7  
FRIDAY

- Classic Cafe** Italian Stromboli, Roasted Broccoli
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Hot Buffalo Chicken Wrap
- Grab & Go** Crispy Chicken Sandwich, Double Decker PB & J Sandwich, Turkey BLT Wrap
- Fruit & Veggie Bar** Cherry Tomato, Caesar Salad, Baby Carrots, Farm Fresh Apples

5  
WEDNESDAY

- Classic Cafe** Double Dog Day, Kettle Potato Chips, Baked Beans
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Max Stix
- Fruit & Veggie Bar** Coleslaw, Romaine Lettuce, Baby Carrots, Fresh Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

EXTRA INFO

Harvest of the Month



Student Lunch \$3.15  
Adult Lunch \$4.95  
Milk \$.60  
A la Carte is extra \$

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MONDAY

- Classic Cafe** Build Your Own Sub
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Cheese Bosco Stick
- Fruit & Veggie Bar** Cucumber Ranch Salad, Celery Sticks, Fresh Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich, 7 Layer Salad

13

THURSDAY

- Classic Cafe** Popcorn Chicken Bowl, Mashed Potatoes, Whole Grain Dinner Roll, Steamed Corn
- Pizza Station** Sausage Pizza, Cheese Pizza, Pepperoni Pizza
- Diner Station** Oven Roasted Brat on a Bun
- Fruit & Veggie bar** Baby Carrots, Red Peppers, Fresh Apple
- Grab & Go** Double Decker PB & J Sandwich, Cold Cut Combo Sub

11

TUESDAY

- Classic Cafe** NEW RECIPE, Creamy Chicken Enchilada, Spicy Pinto Beans, Mexican Brown Rice
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Cheeseburger on a Bun
- Fruit & Veggie Bar** Romaine Lettuce, Salsa, Fresh Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich, Turkey Deli Sub Sandwich

14

FRIDAY

- Classic Cafe** Cheesy Italian Flatbread, Garlic & Herb Broccoli
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Corn Dog
- Fruit & Veggie Bar** Romaine Lettuce, Red/Orange Bell Pepper, Baby Carrots, Fresh Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich, Chef Salad

12

WEDNESDAY

- Classic Cafe** Ham & Tater Tot Breakfast Bake, Cinnamon Roll
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Spicy Chicken Patty on Bun
- Fruit & Veggie Bar** Baby Carrots, Cucumber Slices, Romaine Mix Salad, Fresh Fruit Bar
- Grab & go** Double Decker PB & J Sandwich, Mini Corn Dogs

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MONDAY

- Classic Cafe** Chicken Parmesan Sandwich,  
Roasted Broccoli
- Pizza Station** Cheese Pizza, Sausage Pizza,  
Pepperoni Pizza
- Diner Station** Mini Corn Dogs, Spicy Chicken  
Patty on Bun
- Fruit & Veggie Bar** Red/Orange Bell Pepper, Baby  
Carrots, Romaine Lettuce, Fresh  
Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich,  
Beef Taco Salad

20

THURSDAY

MEA Weekend

18

TUESDAY

- Classic Cafe** Pasta with Meat Sauce, Rip Stick  
Breadstick, Roasted Cauliflower
- Pizza Station** Sausage Pizza, Cheese Pizza,  
Pepperoni Pizza
- Diner Station** Max Stix
- Fruit & Veggie Bar** Baby Carrots, Caesar Salad, Lettuce  
Romaine Mix
- Grab & Go** Double Decker PB & J  
Sandwich

21

FRIDAY

MEA Weekend

19

WEDNESDAY

Teachers Only Day

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MONDAY

- Classic Cafe** Easy Egg Bake, Pancakes, Breakfast Potatoes
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Crispy Chicken Sandwich
- Fruit & Veggie Bar** Celery Sticks, Baby Carrots, Romaine Lettuce, Fresh Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

27

THURSDAY

- Classic Cafe** Italian Stromboli, Steamed Green Beans
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Spicy Chicken Patty on Bun
- Fruit & Veggie Bar** Lettuce Romaine Mix, Baby Carrots, Cherry Tomato, Fresh Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich, Cold Cut Combo Sub

25

TUESDAY

- Classic Cafe** NEW RECIPE, Mexican Street Tacos, Black Beans, Tortilla Chips
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Corn Dog
- Fruit & Veggie Bar** LCR Lettuce, Salsa, Baby Carrots, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Turkey Deli Sandwich

28

FRIDAY

- Grab & Go** NEW RECIPE, Double Decker PB & J Sandwich, Egg Salad Sub Sandwich
- Classic Cafe** Garlic Chicken Stir Fry, Brown Rice, Stir Fry Vegetable
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Max Stix
- Fruit & Veggie Bar** Red/Orange Bell Pepper, Romaine Lettuce, Steamed Corn, Canned Fruit Bar

26

WEDNESDAY

- Classic Cafe** NEW RECIPE, BBQ Chicken Sandwich, Warm Potato Salad with Mustard, Roasted Broccoli
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Cheeseburger on a Bun
- Fruit & Veggie Bar** Baby Carrots, Romaine Lettuce, Fresh Fruit Bar
- Grab & Go** Double Decker PB & J Sandwich, Chef Salad

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MONDAY

**Classic Cafe** NEW RECIPE, Parmesan Chicken Bites, Buttered Noodles, California Blend Vegetable

**Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza

**Diner Station** BBQ Rib Sandwich

**Fruit & Veggie Bar** Cucumber Slices, Fresh Fruit Bar, Lettuce Romaine Mix

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

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

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