



# Rockford High School Lunch Menu

Chef says "Come and get it"

September  
2022

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

EXTRA INFO

Harvest of the Month 



2022-2023 Meal Prices  
Student Lunch \$3.15 Free and Reduced=Free  
Adults Lunch \$4.95 Ala Carte priced as marked  
Extra Milk \$ .60 Smiles are still free :)

TAHER INC.



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## MONDAY

## THURSDAY 8

**Classic Cafe** Italian Pasta Bake, Garlic Breadstick, Roasted Cauliflower

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

**Diner Station** Corn Dog

**Fresh Fruit and Vegetables** Caesar Salad, Baby Carrots, Fresh Fruit Bar

**Grab and Go** Double Decker PB & J Sandwich

## TUESDAY 6

**Classic Cafe** Crispy Chicken Nuggets, Whole Grain Dinner Roll, Baked Beans

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

**Diner Station** Cheeseburger on a Bun

**Fresh Fruit and Vegetables** Cherry Tomato, Fresh Fruit Bar, Baby Carrots, Romaine Lettuce

**Grab and Go** Double Decker PB & J Sandwich

## FRIDAY 9

**Classic Cafe** Walking Taco, Lettuce, Tomato and Cheese, Steamed Green Beans

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

**Diner Station** Max Stix

**Fresh Fruit and Vegetables** Fresh Fruit Bar, Baby Carrots, Red Peppers, Lettuce Romaine Mix

**Grab and Go** Double Decker PB & J Sandwich

## WEDNESDAY 7

**Classic Cafe** Beef Hotdog on a Bun, Tater Tots

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

**Diner Station** Crispy Chicken Sandwich

**Fresh Fruit and Vegetables** Baby Carrots, Fresh Fruit Bar, Broccoli Salad

**Grab and Go** Double Decker PB & J Sandwich

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12

MONDAY

- Classic Cafe** Hamburger on a Bun, Golden French Fries
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Spicy Chicken Patty on Bun
- Fresh Fruit and Vegetables** Romaine Lettuce, Celery Sticks, Romaine Mix Salad, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Cold Cut Combo Sub

15

THURSDAY

- Classic Cafe** Crispy Chicken Tenders, Whole Grain Dinner Roll, Steamed Corn
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Corn Dog
- Fresh Fruit and Vegetables** Baby Carrots, Italian Tossed Salad, Cucumber Slices, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Turkey Deli Sandwich

13

TUESDAY

- Classic Cafe** Turkey Flatbread, Cajun Chips
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Cheeseburger on a Bun
- Fresh Fruit and Vegetables** Broccoli Florets, Red/Orange Bell Pepper, Romaine Lettuce, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Beef Taco Salad

16

FRIDAY

- Classic Cafe** Chicken Alfredo w/Pasta, Roasted Cauliflower, Whole Grain Dinner Roll
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Max Stix
- Fresh Fruit and Vegetables** Celery Sticks, Lettuce Romaine Mix, Baby Carrots, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Turkey Ranch Wrap

14

WEDNESDAY

- Classic Cafe** BBQ Pork on Pretzel bun, Golden French Fries
- Pizza Station** Sausage Pizza, Cheese Pizza, Pepperoni Pizza
- Diner Station** Crispy Chicken Sandwich
- Fresh Fruit and Vegetables** Baby Carrots, Cherry Tomato, Lettuce Romaine Mix, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, 7 Layer Salad

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19

MONDAY

- Classic Cafe** Chicken Gyro, Greek Oven Roasted Potatoes
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Crispy Chicken Sandwich
- Fresh Fruit and Vegetables** Cucumber Ranch Salad, Celery Sticks, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Buffalo Chicken Wrap

22

THURSDAY

- Classic Cafe** Breakfast Stacker Sandwich, Tri Tater
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Corn Dog
- Fresh Fruit and Vegetables** Cucumber Slices, LCR Lettuce, Pepper Medley, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Cold Cut Combo Sub

20

TUESDAY

- Classic Cafe** Beef & Cheese Quesadilla, Pineapple Radish Pico, Salsa
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Cheeseburger on a Bun
- Fresh Fruit and Vegetables** Black Beans, Romaine Lettuce, Baby Carrots, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Buffalo Chicken Salad

23

FRIDAY

- Classic Cafe** Popcorn Chicken Bowl, Mashed Potatoes, Whole Grain Dinner Roll
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Max Stix
- Fresh Fruit and Vegetables** Broccoli Florets, Baby Carrots, Lettuce Romaine Mix, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Turkey BLT Wrap

21

WEDNESDAY

- Classic Cafe** Pizza Party
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Crispy Chicken Sandwich
- Fresh Fruit and Vegetables** Baby Carrots, Lettuce Romaine Mix, Cherry Tomato, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Tuna Panini

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26

MONDAY

- Classic Cafe** BBQ Chicken Legs, Tater Tots
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Cheeseburger on a Bun
- Fresh Fruit and Vegetables** Broccoli Salad, Romaine Lettuce, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

29

THURSDAY

- Classic Cafe** Beefy Nachos w/Homemade Cheese Sauce, Refried Beans, Salsa
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Diner Station** Corn Dog
- Fresh Fruit and Vegetables** Baby Carrots, Spring Corn Salad, LCR Lettuce, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Turkey & Cheese Flatbread Munchable

27

TUESDAY

- Classic Cafe** Pasta with Meat Sauce, Rip Stick Breadstick, Roasted Broccoli
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Fresh Fruit and Vegetables** Lettuce Romaine Mix, Baby Carrots, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Chef Salad

30

FRIDAY

- Classic Cafe** Chicken & Gravy, Mashed Potatoes, Whole Grain Dinner Roll, Green Beans
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Fresh Fruit and Vegetables** Baby Carrots, LCR Lettuce, Fresh Fruit Bar
- Grab and Go** Double Decker PB & J Sandwich, Cold Cut Combo Sub

28

WEDNESDAY

- Classic Cafe** Grilled Cheese Sandwich, Tomato Basil Soup
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza
- Fresh Fruit and Vegetables** Baby Carrots, Cucumber Slices, Fresh Fruit Bar, Cherry Tomato
- Grab and Go** Double Decker PB & J Sandwich, Crispy Chicken Sub

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