



# Rockford High School Lunch Menu

Fresh fruits & vegetables available daily.

May  
2022

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## MONDAY

2

- Classic Cafe** Sloppy Joe on a Bun, Potato Wedges, Broccoli Florets
- Diner** Cheeseburger on a Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Turkey Deli Sandwich

## THURSDAY

5

- Classic Cafe** Lasagna, Garlic Breadstick, Caesar Salad
- Diner** Oven Roasted Brat on a Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Ham & Cheese Hoagie

## TUESDAY

3

- Classic Cafe** Chicken Bacon Ranch Melt, Steamed Corn
- Diner** Cheese Bosco Stick
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Cold Cut Combo Sub

## FRIDAY

6

- Classic Cafe** Grilled Cheese Sandwich, Homemade Tomato Soup, Cucumber Slices
- Diner** BBQ Rib Sandwich
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Chicken Caesar Wrap

## WEDNESDAY

4

- Classic Cafe** French Toast Sticks, Sausage Patty, Breakfast Potatoes, Strawberry Topping
- Diner** Spicy Chicken Patty on Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Beef Taco Salad

## EXTRA INFO



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](mailto:adelmanh@rockford.k12.mn.us) or call (763)477-5846 x. 3052.

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9

MONDAY

- Classic Cafe** Chicken Bites w/ Sweet & Sour Sauce, Brown Rice, Mixed Vegetables
- Diner** Corn Dog
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Turkey Ranch Wrap

12

THURSDAY

- Classic Cafe** Pizza Bake, Whole Grain Dinner Roll, Roasted Cauliflower
- Diner** Crispy Chicken Sandwich
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Turkey BLT Salad

10

TUESDAY

- Classic Cafe** Waffle Sausage Sandwich, Hashbrowns, Steamed Corn
- Diner** Max Stix
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Crispy Chicken Wrap

13

FRIDAY

- Classic Cafe** Chicken & Gravy, Mashed Potatoes, Bread Stick, Steamed Green Beans
- Diner** Cheeseburger on a Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Ham Deli Sandwich

11

WEDNESDAY

- Classic Cafe** Beefy Nachos w/Homemade Cheese Sauce, Black Beans, Salsa
- Diner** Mini Corn Dogs
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab & Go** Double Decker PB & J Sandwich, Italian Sub

EXTRA INFO

Harvest of the Month



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MONDAY

**Classic Cafe** BBQ Pulled Pork on Pretzel Bun,  
Golden French Fries

**Diner** FOOD TRUCK DAY!

**Pizza Parlor** FOOD TRUCK DAY!

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

19

THURSDAY

**Classic Cafe** Turkey Hot Pocket, Roasted  
Cauliflower

**Diner** Spicy Chicken Patty on Bun

**Pizza Parlor** Sausage & Pepperoni Pizza

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

17

TUESDAY

**Classic Cafe** Popcorn Chicken Bowl,  
Steamed Broccoli

**Diner** BBQ Rib Sandwich

**Pizza Parlor** Sausage & Pepperoni Pizza

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

20

FRIDAY

**Classic Cafe** Crispy Chicken Tenders, Pretzel  
bites, Homemade Nacho Cheese  
Sauce

**Diner** Cheese Bosco Stick

**Pizza Parlor** Sausage & Pepperoni Pizza

**Grab & Go** Double Decker PB & J Sandwich,  
Ham Deli Sub Sandwich

18

WEDNESDAY

**Classic Cafe** Southwestern Burger Quesadilla,  
Tortilla Chips, Roasted Cauliflower

**Diner** Buffalo Chicken Dip, Tortilla  
Chips

**Pizza Parlor** Sausage & Pepperoni Pizza

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

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MONDAY

**Classic Cafe** Double Dog Day, Baked Beans

**Diner** Crispy Chicken Sandwich

**Pizza Parlor** Sausage & Pepperoni Pizza

**Grab & Go** Double Decker PB & J Sandwich,  
Turkey BLT Wrap

26

THURSDAY

**Classic Cafe** Chicken & Cheese Quesadilla, Black Beans, Salsa

**Diner** Cheeseburger on a Bun

**Pizza Parlor** Sausage & Pepperoni Pizza

**Grab & Go** Double Decker PB & J Sandwich,  
Ham Deli Sandwich

24

TUESDAY

**Classic Cafe** Create your Own Sub Bar, Kettle Potato Chips, Baby Carrots

**Diner** Max Stix

**Pizza Parlor** Sausage & Pepperoni Pizza

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

27

FRIDAY

**Classic Cafe** Cheesy Italian Flatbread, Steamed Corn, Marinara Sauce

**Diner** Mini Corn Dogs

**Pizza Parlor** Sausage & Pepperoni Pizza

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

25

WEDNESDAY

**Classic Cafe** Walking Taco, Corn & Black Bean Salsa

**Diner** Oven Roasted Brat on a Bun

**Pizza Parlor** Sausage & Pepperoni Pizza

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

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MONDAY

Memorial Day

THURSDAY

31

TUESDAY

**Classic Cafe** Chef's Choice

**Diner** Chef's Choice

**Pizza Parlor** Sausage & Pepperoni Pizza

**Grab & Go** Double Decker PB & J  
Sandwich, Chef's Choice

FRIDAY

WEDNESDAY

EXTRA INFO

Harvest of the Month



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