



Rockford Middle School Lunch Menu

Fruit and Vegetable Available Daily

December
2021

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MONDAY

TUESDAY

WEDNESDAY ¹

Classic Cafe Crispy Chicken Patty, Tri Tater, Green Beans, Fruit Choice

Grab and Go Turkey Ranch Wrap

THURSDAY ²

Classic Cafe Beef Chili, Cornbread, Baby Carrots, Fruit Choice

Grab and Go Crispy Chicken Wrap

FRIDAY ³

Classic Cafe Ham n' Egg-wich, Breakfast Potatoes, Fruit Choice

Grab and Go Beef Taco Salad

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 graunked@rockford.k12.mn.us or call 763-477-5846 ext. 3052.

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





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6 MONDAY

Classic Cafe Corn Dog, Golden French Fries, Fruit Choice

Grab and Go Turkey Deli Sub Sandwich

7 TUESDAY

Classic Cafe Meatballs and Gravy, Whole Grain Dinner Roll, Mashed Potatoes, Fruit Choice

Grab and Go Yogurt Pak with Bagel

8 WEDNESDAY

Classic Cafe Italian Pasta Bake, Bread Stick, Roasted Broccoli, Fruit Choice

Grab and Go Chicken Caesar Salad

9 THURSDAY

Classic Cafe Soft Beef Tacos, Lettuce, Tomato and Cheese, Mexican Corn, Fruit Choice

Grab and Go Turkey BLT Wrap

10 FRIDAY

Classic Cafe Grilled Cheese Sandwich, Tomato Soup, Roasted Cauliflower, Fruit Choice

Grab and Go Honey Mustard Ham Wrap

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Classic Cafe Max Stix, Marinara Sauce, Green Beans, Fruit Choice

Grab and Go Cold Cut Combo Sub

16

THURSDAY

Classic Cafe Pepperoni Pizza, Leafy Green Salad, Fruit Choice

Grab and Go Beef Taco Salad

14

TUESDAY

Classic Cafe Beefy Nachos w/Cheese Sauce, Refried Beans, Fruit Choice

Grab and Go Turkey Deli Sandwich

17

FRIDAY

Classic Cafe Crispy Chicken Nuggets, Cheesy Mashed Potatoes, Whole Grain Dinner Roll, Fruit Choice

Grab and Go Chicken Caesar Wrap

15

WEDNESDAY

Classic Cafe Hamburger on a Bun, Golden French Fries, Pickle Slice, Fruit Choice

Grab and Go Crispy Chicken Wrap

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Classic Cafe French Toast Sticks, Sausage Patty, Breakfast Potatoes, Fruit Choice

Grab and Go Ham Deli Sandwich

23

THURSDAY

Classic Cafe Beef Hotdog on a Bun, Kettle Potato Chips, Baked Beans, Fruit Choice, Sugar Cookie

Grab and Go Cold Cut Combo Sub

21

TUESDAY

Classic Cafe Sloppy Joe on a Bun, Tri Tater, Steamed Corn, Fruit Choice

Grab and Go Turkey Deli Sub Sandwich

24

FRIDAY

Classic Cafe Winter Break Begins

22

WEDNESDAY

Classic Cafe Crispy Chicken Sub, Tri Tater, Green Beans, Fruit Choice

Grab and Go Chicken Caesar Salad

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MONDAY

Classic Cafe Winter Break

30

THURSDAY

Classic Cafe Winter Break

28

TUESDAY

Classic Cafe Winter Break

31

FRIDAY

Classic Cafe Winter Break

29

WEDNESDAY

Classic Cafe Winter Break

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