

Rockford Middle School

The best of all the schools !!!

September
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Did you miss us ?????????? We missed you !!!!!!!!		1	2
5	6 Crispy Chicken Nuggets Whole Grain Dinner Roll Baked Beans Cherry Tomato Turkey Deli Sub Sandwich Max Stix Marinara Sauce Fresh Fruit Bar 1% Milk	7 Beef Hotdog on a Bun Tater Tot Broccoli Salad Turkey Ranch Wrap Cheeseburger on a Bun Fresh Fruit Bar 1% Milk	8 Pasta with Meatballs & Sauce Whole Grain Dinner Roll Roasted Cauliflower Cold Cut Combo Sub Corn Dog Fresh Fruit Bar 1% Milk	9 Sausage Pizza Steamed Green Beans Baby Carrots Chef Salad Turkey & Cheese Flatbread Munchable Fresh Fruit Bar 1% Milk
12 Hamburger on a Bun Golden French Fries Romaine Lettuce Crispy Chicken Sandwich Max Stix Fresh Fruit Bar 1% Milk	13 Cheesy Italian Flatbread Steamed Broccoli Red/Orange Bell Pepper Turkey Deli Sub Sandwich Beef Hotdog on a Bun Kettle Potato Chips Canned Fruit Bar 1% Milk	14 BBQ Pulled Pork Sandwich Kettle Potato Chips Cherry Tomato Turkey Ranch Wrap Cheeseburger on a Bun Fresh Fruit Bar 1% Milk	15 Crispy Chicken Tenders Whole Grain Dinner Roll Steamed Corn Baby Carrots Cold Cut Combo Sub Corn Dog Canned Fruit Bar 1% Milk	16 Walking Taco Lettuce, Tomato and Cheese Roasted Cauliflower Celery Sticks 7 Layer Salad Turkey & Cheese Flatbread Munchable Fresh Fruit Bar 1% Milk
19 Chicken Gyro Cucumber Ranch Salad Celery Sticks Crispy Chicken Sub Max Stix Canned Fruit Bar 1% Milk	20 Beef & Cheese Quesadilla Black Beans Romaine Lettuce Salsa Turkey Deli Sub Sandwich Beef Hotdog on a Bun Fresh Fruit Bar 1% Milk	21 Popcorn Chicken Bowl Whole Grain Dinner Roll Mashed Potatoes Steamed Corn Turkey Ranch Wrap Cheeseburger on a Bun Fresh Fruit Bar 1% Milk	22 Breakfast Stacker Sandwich Breakfast Potatoes Cucumber Slices Cold Cut Combo Sub Corn Dog Fresh Fruit Bar 1% Milk Rice Krispie Treat	23 Cheese Bread Marinara Sauce Broccoli Florets Beef Taco Salad Turkey & Cheese Flatbread Munchable Canned Fruit Bar 1% Milk
26 Crispy Chicken Sandwich Tater Tot Broccoli Salad Crispy Chicken Sub Max Stix Fresh Fruit Bar 1% Milk	27 Pasta with Meat Sauce Rip Stick Breadstick Roasted Cauliflower Caesar Salad Turkey Deli Sandwich Beef Hotdog on a Bun Fresh Fruit Bar 1% Milk	28 Grilled Cheese Sandwich Tomato Basil Soup Cucumber Slices Turkey Ranch Wrap Cheeseburger on a Bun Fresh Fruit Bar 1% Milk	29 Beefy Nachos w/Homemade Cheese Sauce Spanish Rice Salsa Cold Cut Combo Sub Corn Dog Canned Fruit Bar 1% Milk	30 Chicken & Gravy Mashed Potatoes Whole Grain Dinner Roll Green Beans Baby Carrots Chef Salad Turkey Munchable Fresh Fruit Bar 1% Milk

PRICES

Breakfast	\$2.00
Student Lunch	\$3.15
Adult Lunch	\$4.95
Milk	\$.60
Hugs from Chef	Free

EXTRA INFO

WELCOME BACK

HARVEST OF



THE MONTH



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