



# Rockford Middle School Lunch Menu

Fruit and Vegetable Available Daily

January  
2022

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3

MONDAY

NO SCHOOL

6

THURSDAY

**Classic Cafe** Pizza Parlor Pizza, Cucumber Slices, Fruit Choice

**Grab and Go** Turkey Ranch Wrap

4

TUESDAY

**Classic Cafe** Crispy Chicken Sandwich, Potato Wedges, Green Beans, Fruit Choice

**Grab and Go** Turkey Deli Sandwich

7

FRIDAY

**Classic Cafe** Hamburger on a Bun, Golden French Fries, Baked Beans, Fruit Choice

**Grab and Go** Chef Salad

5

WEDNESDAY

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

**Grab and Go** Crispy Chicken Wrap

EXTRA INFO

Harvest of the Month



Milk choices 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](mailto:graunked@rockford.k12.mn.us) or call 763-477-5846 ext. 3052.

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





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MONDAY

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

**Grab and Go** Chicken Caesar Wrap

13

THURSDAY

**Classic Cafe** Cheese Bread, Marinara Sauce, Broccoli Florets, Fruit Choice

**Grab and Go** Ham Deli Sandwich

11

TUESDAY

**Classic Cafe** Corn Dog, Kettle Potato Chips, Baby Carrots, Fruit Choice

**Grab and Go** Beef Taco Salad

14

FRIDAY

**Classic Cafe** Chicken and Cheese Quesadilla, Salsa, Roasted Corn, Fruit Choice

**Grab and Go** Turkey Deli Sub Sandwich

12

WEDNESDAY

**Classic Cafe** Pasta with Meat Sauce, Garlic Toast, Steamed Green Beans, Fruit Choice

**Grab and Go** Cold Cut Combo Sub

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MONDAY

NO SCHOOL

20

THURSDAY

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

**Grab and Go** Chicken Caesar Salad

18

TUESDAY

**Classic Cafe** Crispy Chicken Tenders, Cheesy Mashed Potatoes, Whole Grain Dinner Roll, Baby Carrots, Fruit Choice

**Grab and Go** Turkey BLT Wrap

21

FRIDAY

**Classic Cafe** BBQ Rib Sandwich, Tri Tater, Roasted Broccoli, Fruit Choice

**Grab and Go** Turkey Deli Sandwich

19

WEDNESDAY

**Classic Cafe** Ham & Tater Tot Breakfast Bake, Cinnamon Roll, Cucumber Slices, Fruit Choice

**Grab and Go** Crispy Chicken Wrap

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MONDAY

**Classic Cafe** French Toast Sticks, Sausage Patty,  
Breakfast Potatoes, Warm  
Cinnamon Apples

**Grb and Go** Cold Cut Combo Sub

27

THURSDAY

**Classic Cafe** Hotdog on Whole Grain Bun,  
Golden Crinkle Cut French Fries,  
Baked Beans, Fruit Choice

**Grab and Go** Chicken Caesar Wrap

25

TUESDAY

**Classic Cafe** Chicken Bites with Sweet and Sour  
Sauce, Brown Rice, Mixed  
Vegetables, Fruit Choice

**Grab and Go** Beef Taco Salad

28

FRIDAY

**Classic Cafe** Pepperoni Pizza, Leafy Green Salad,  
Fruit Choice

**Grab and Go** Yogurt Pak with Bagel

26

WEDNESDAY

**Classic Cafe** Lasagna, Garlic Toast, Steamed  
Green Beans, Fruit Choice

**Grab and Go** Turkey Ranch Wrap

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MONDAY

**Classic Cafe** Grilled Cheese Sandwich, Tomato Soup, Celery Sticks, Fruit Choice

**Grab and go** Honey Mustard Ham Wrap

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

EXTRA INFO

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