



Rockford High School Lunch Menu

Fruit and Vegetable Available Daily

December
2021

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MONDAY

TUESDAY

WEDNESDAY 1

- Classic Cafe** Crispy Chicken Nuggets, Whole Grain Dinner Roll, Golden French Fries, Fruit Choice
- Diner** Spicy Chicken Patty on Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Egg Salad Sandwich, Double Decker PB & J Sandwich

THURSDAY 2

- Classic Cafe** Lasagna, Garlic Toast, Green Beans, Fruit Choice
- Diner** Corn Dog
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Turkey Deli Sub Sandwich, Double Decker PB & J Sandwich

FRIDAY 3

- Classic Cafe** Cheese Bread, Marinara Sauce, Roasted Broccoli, Fruit Choice
- Diner** Egg Roll
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Chicken Caesar Wrap, Double Decker PB & J Sandwich

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** Chicken and Cheese Quesadilla, Steamed Corn, Fruit Choice
- Diner** Cheeseburger on Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Italian Sub, Double Decker PB & J Sandwich

7 TUESDAY

- Classic Cafe** Easy Egg Bake, Cinnamon Roll, Tri Tater, Fruit Choice
- Diner** Max Stix
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Buffalo Chicken Wrap, Double Decker PB & J Sandwich

8 WEDNESDAY

- Classic Cafe** Chicken Waffle Sandwich, Tater Tots, Fruit Choice
- Diner** Oven Roasted Brat on a Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Turkey BLT Wrap, Double Decker PB & J Sandwich

9 THURSDAY

- Classic Cafe** Beefy Nachos w/Homemade Cheese Sauce, Refried Beans, Fruit Choice
- Diner** BBQ Rib Sandwich
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Cold Cut Combo Sub, Double Decker PB & J Sandwich

10 FRIDAY

- Classic Cafe** Scalloped Ham and Potatoes, Green Beans, Whole Grain Dinner Roll, Fruit Choice
- Diner** Crispy Chicken Sandwich
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Tuna Salad Sliders, Double Decker PB & J Sandwich

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MONDAY

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

Diner Corn Dog

Pizza Parlor Sausage & Pepperoni Pizza

Grab and Go Turkey Ranch Wrap, Double Decker
PB & J Sandwich

16

THURSDAY

Classic Cafe Mexican Street Tacos, Steamed
Corn, Salsa, Fruit Choice

Diner Max Stix

Pizza Parlor Sausage & Pepperoni Pizza

Grab and Go Chicken Caesar Wrap, Double
Decker PB & J Sandwich

14

TUESDAY

Classic Cafe Popcorn Chicken Bowl, Whole Grain
Dinner Roll, Fruit Choice

Diner Egg Roll

Pizza Parlor Sausage & Pepperoni Pizza

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

17

FRIDAY

Classic Cafe Mediterranean Soup, Cheese Bosco
Stick, Cucumber Slices, Fruit Choice

Diner Spicy Chicken Patty on Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab and Go Italian Sub, Double Decker PB
& J Sandwich

15

WEDNESDAY

Classic Cafe Macaroni & Cheese, Bread Stick,
Broccoli Salad, Fruit Choice

Diner Cheeseburger on Bun

Pizza Parlor Sausage & Pepperoni Pizza

Grab and Go Turkey Deli Sub Sandwich, Double
Decker PB & J Sandwich

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MONDAY

- Classic Cafe** Chicken Alfredo w/Pasta, Garlic Toast, Green Beans, Fruit Choice
- Diner** Oven Roasted Brat on a Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Egg Salad Sub Sandwich, Double Decker PB & J Sandwich

23

THURSDAY

- Classic Cafe** Double Dog Day, Kettle Potato Chips, Baked Beans, Fruit Choice, Sugar Cookie
- Diner** Cheeseburger on Bun
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Cold Cut Combo Sub, Double Decker PB & J Sandwich

21

TUESDAY

- Classic Cafe** Beef Chili, Cinnamon Roll, Steamed Corn, Fruit Choice
- Diner** Crispy Chicken Patty
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Beef Taco Salad, Double Decker PB & J Sandwich

24

FRIDAY

- Classic Cafe** Winter Break Begins

22

WEDNESDAY

- Classic Cafe** Southwestern Burger Quesadilla, Golden French Fries, Salsa, Fruit Choice
- Diner** BBQ Rib Sandwich
- Pizza Parlor** Sausage & Pepperoni Pizza
- Grab and Go** Buffalo Chicken Wrap, Double Decker PB & J Sandwich

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MONDAY

Winter Break

30

THURSDAY

Winter Break

28

TUESDAY

Winter Break

31

FRIDAY


Winter Break

29

WEDNESDAY

Winter Break

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