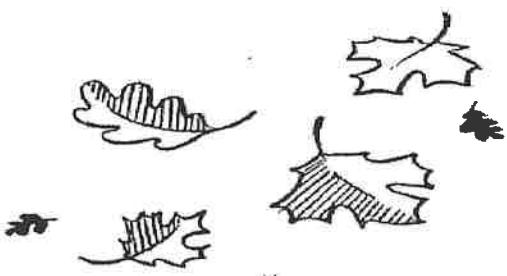
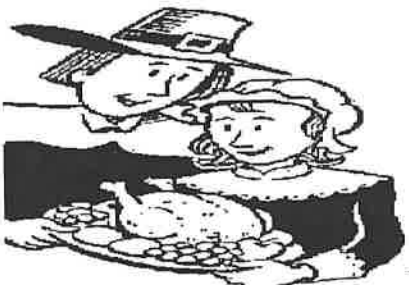


November

ROCKFORD SCHOOL

Monday	Tuesday	Thursday	Friday
 <p>6 CHICKEN NUGGETS BBQ SAUCE RICE PILAF CARROTS LOW SALT FRESH BROCCOLI RANCHDIP PEARS DICED 1%<i>milk</i> NONFAT CHOC</p>	<p>7 MINI CORNDOG MUSTARD CATSUP PKT VEG BEANS APPLE SAUCE BABY CARROTS 1%<i>milk</i> NONFAT CHOC</p>	<p>1 CRISPITO. TACO SAUCE PINTO BEANS;PINTO AS VEG RANCHDIP APPLE SAUCE BABY CARROTS YOGURT 1%<i>milk</i> NONFAT CHOC</p>	<p>2 SMART PIZZA GARDEN SALAD TOMATO CHERRY RANCH APPLE SAUCE YOGURT 1%<i>milk</i> NONFAT CHOC</p>
<p>13 TOTALLY TACO TACO SAUCE CARROTS LOW SALT PEARS DICED CAULIFLOWER, FRESH, RAW RANCHDIP 1%<i>milk</i> NONFAT CHOC</p>	<p>14 CHIK'N Os BBQ SAUCE BEAR GRAHAMS GREEN BEANS COMM PEACHES DICED LT CUCUMBER, RAW, PEELED RANCHDIP 1%<i>milk</i> NONFAT CHOC</p>	<p>8 ORANGE CHICKEN&RICE STIR FRY VEGES CUCUMBER, RAW, PEELED RANCHDIP PEACHES DICED LT YOGURT GOLD FSH CINN GRAHAMS 1%<i>milk</i> NONFAT CHOC</p>	<p>9 TOSTADA BOAT SALSA TORTILLA CHIPS STRAWBERRIES FROZEN CUP 1%<i>milk</i> NONFAT CHOC</p>
<p>13 TOTALLY TACO TACO SAUCE CARROTS LOW SALT PEARS DICED CAULIFLOWER, FRESH, RAW RANCHDIP 1%<i>milk</i> NONFAT CHOC</p>	<p>14 CHIK'N Os BBQ SAUCE BEAR GRAHAMS GREEN BEANS COMM PEACHES DICED LT CUCUMBER, RAW, PEELED RANCHDIP 1%<i>milk</i> NONFAT CHOC</p>	<p>15 CORN DOG MUSTARD CATSUP PKT VEG BEANS FRESH BROCCOLI RANCHDIP PEARS DICED 1%<i>milk</i> NONFAT CHOC</p>	<p>16 TURKEY AND GRAVY MASHED POTATOES PUMPKIN CUSTARD BABY CARROTS WHOLE WHEAT ROLL CRANBERRY SAUCE APPLE SAUCE 1%<i>milk</i> NONFAT CHOC</p>
 <p>CHICKEN ZOO CHEWS BBQ SAUCE VEG BEANS PEARS DICED BABY CARROTS 1%<i>milk</i> NONFAT CHOC</p>	<p>PANCAKE ON A STICK SYRUP MRS BUTTER WORTH POTATO WEDGES CATSUP PKT PEACHES DICED LT BABY CARROTS 1%<i>milk</i> NONFAT CHOC</p>	<p>29 HAMBURGER LETTUCE SHREDDED MAYONNAISE PKT GREEN BEANS COMM STRAWBERRIES FROZEN CUP 1%<i>milk</i> NONFAT CHOC</p>	<p>17 SMART PIZZA GARDEN SALAD RANCH TOMATO CHERRY MIXED FRUIT GOLD FSH CINN GRAHAMS 1%<i>milk</i> NONFAT CHOC</p>
<p>CHICKEN ZOO CHEWS BBQ SAUCE VEG BEANS PEARS DICED BABY CARROTS 1%<i>milk</i> NONFAT CHOC</p>	<p>PANCAKE ON A STICK SYRUP MRS BUTTER WORTH POTATO WEDGES CATSUP PKT PEACHES DICED LT BABY CARROTS 1%<i>milk</i> NONFAT CHOC</p>	<p>30 CRUNCHY TACO LETTUCE SHREDDED SALSA TORTILLA CHIPS APPLE SAUCE SOUR CREAM 1%<i>milk</i> NONFAT CHOC</p>	<p>24 1 MINI CALZONE GARDEN SALAD TOMATO CHERRY RANCH BOX OF RAISINS BEAR GRAHAMS 1%<i>milk</i> NONFAT CHOC</p>

EAT FRUIT AND
VEGETABLES EVERY

This institution is an equal
opportunity provider.

MENU MAY CHANGE
WITHOUT NOTICE