



ROCKFORD SCHOOL 2019

Monday

Tuesday

Thursday

Friday



	<p>3 <b>MINI CORNDOG</b> MUSTARD VEG BEANS CATSUP PKT APPLE SAUCE BABY CARROTS 1% milk NONFAT CHOC</p>	<p>4 <b>TACO CRUNCHY</b> SALSA TORTILLA CHIPS MIXED FRUIT 1% milk NONFAT CHOC</p>	<p>5 <b>CHICKEN NUGGETS</b> RICE PILAF BBQ SAUCE CARROTS LOW SALT FRESH BROCCOLI RANCHDIP PEARS DICED 1% milk NONFAT CHOC</p>	<p>6 <b>SMART PIZZA</b> GARDEN SALAD TOMATO CHERRY RANCH DRESSING HV. ORANGE JUICE 1% milk NONFAT CHOC</p>
<p>9 <b>PANCAKE ON A STICK</b> SYRUP MRS BUTTER WORTH POTATO WEDGES BABY CARROTS PEACHES DICED LT CATSUP PKT BEAR GRAHAMS 1% milk NONFAT CHOC</p>	<p>10 <b>CHICKEN SANDWICH</b> LETTUCE SHREDDED MAYONNAISE PKT VEG BEANS CUCUMBER, RAW, PEELED RANCHDIP CATSUP PKT PEARS DICED 1% milk NONFAT CHOC</p>	<p>11 <b>ORANGE CHICKEN &amp; RICE</b> STIR FRY VEGES BABY CARROTS ORANGE JUICE YOGURT BEAR GRAHAMS 1% milk NONFAT CHOC</p>	<p>12 <b>SPAGHETTI AND MEAT</b> SAUCE GARDEN SALAD TOMATO CHERRY RANCH WHOLE WHEAT ROLL PEACHES DICED LT 1% milk NONFAT CHOC</p>	<p>13 <b>TOSTADA BOAT</b> SALSA TORTILLA CHIPS STRAWBERRIES FROZEN CUP 1% milk NONFAT CHOC</p>
<p>16 <b>CORN DOG</b> MUSTARD CATSUP PKT BABY CARROTS VEG BEANS MIXED FRUIT YOGURT 1% milk NONFAT CHOC</p>	<p>17 <b>HAMBURGER</b> MAYONNAISE PKT LETTUCE SHREDDED OVEN BAKED FRIES CATSUP 2 PKTS APPLE SAUCE 1% milk NONFAT CHOC</p>	<p>18 <b>CHIK'N Os</b> SWEET POTATOES; 2016 CATSUP PKT PEARS DICED GOLD FISH CINN GRAHAMS BABY CARROTS 1% milk NONFAT CHOC</p>	<p>19 <b>TOTALLY TACO</b> TACO SAUCE PEACHES DICED LT PINTO BEANS; PINTO AS VEG CUCUMBER, RAW, PEELED RANCHDIP CHEESE SLICE 1% milk NONFAT CHOC</p>	<p>20 <b>CHICKEN TACO SALAD</b> SALSA RANCH GOLD FISH CINN GRAHAMS APPLE SAUCE 1% milk NONFAT CHOC</p>
<p>23 <b>CHICKEN ZOO CREWS</b> BBQ SAUCE VEG BEANS PEARS DICED BABY CARROTS 1% milk NONFAT CHOC</p>	<p>24 <b>BEAN &amp; CHEESE BURRITO</b> TACO SAUCE GARDEN SALAD TOMATO CHERRY RANCH BLUEBERRIES 1% milk NONFAT CHOC</p>	<p>25 <b>TURKEY AND GRAVY</b> MASHED POTATOES WHOLE WHEAT ROLL ORANGE JUICE BABY CARROTS 1% milk NONFAT CHOC</p>	<p>26 <b>SMART PIZZA</b> GARDEN SALAD TOMATO CHERRY RANCH PEACH CUP FROZEN 1% milk NONFAT CHOC</p>	<p>27 <b>DELI TURKEY SANDWICH</b> LETTUCE SHREDDED CARROTS LOW SALT MIXED FRUIT SUN CHIPS/ MULTIGRAIN MAYONNAISE PKT 1% milk NONFAT CHOC</p>
<p>30 <b>CHICKEN PATTY</b> SANDWICH; 2 LETTUCE SHREDDED MAYONNAISE PKT VEG BEANS PEARS DICED 1% milk NONFAT CHOC</p>				



Go Team Go



This institution is an equal opportunity

MENU MAY CHANGE WITHOUT NOTICE

EAT FRUIT AND VEGETABLES EVERY DAY

