

**ROCKFORD PUBLIC SCHOOLS
SECONDARY LUNCH
SEPTEMBER 28 THRU OCTOBER 2**

AUBURN, AUBURN FRESHMAN CAMPUS, EAST, GUILFORD, JEFFERSON, EISENHOWER, FLINN, KENNEDY, LINCOLN, RESA & WEST

MONDAY 9/28	TUESDAY 9/29	WEDNESDAY 9/30	THURSDAY 10/1	FRIDAY 10/2
<p><u>CHOICE OF</u> MINI CORN DOGS OR REGULAR CORN DOG</p> <p>BBQ ON BUN</p> <p>HASH BROWN STICK</p> <p>MIXED VEGETABLES</p> <p><u>CHOICE OF</u> PEACHES PINEAPPLE TIDBITS</p> <p>MILK</p>	<p><u>CHOICE OF</u> CHILI W/2 PKGS. CRACKERS</p> <p>SPICY CHICKEN PATTY ON BUN</p> <p>HASH BROWN PATTY</p> <p>GREEN BEANS</p> <p><u>CHOICE OF</u> FRUIT COCKTAIL APPLESAUCE</p> <p>MILK</p>	<p><u>CHOICE OF</u> PHILLY CHEESE STEAK SANDWICH</p> <p>SOUTHWEST CHICKEN WRAP</p> <p>FRENCH FRIES</p> <p>PEAS</p> <p><u>CHOICE OF</u> LETTUCE SALAD ASSORTED JUICE</p> <p>MILK</p>	<p><u>CHOICE OF</u> BACON, LETTUCE & TOMATO SANDWICH W/MOZZARELLA CHEESE STICK</p> <p>TURKEY PATTY ON BUN</p> <p>POTATO ROUNDS</p> <p>WHOLE KERNEL CORN</p> <p><u>CHOICE OF</u> CITRUS COMBO APPLE</p> <p>MILK</p>	<p><u>CHOICE OF</u> CRISPY FISH ON BUN</p> <p>BREADED MOZZARELLA CHEESE STICKS W/SPAGHETTI SAUCE</p> <p>CURLY FRIES</p> <p>STEAMED CARROTS</p> <p><u>CHOICE OF</u> ORANGE JUICE PEARS</p> <p>MILK</p>
<p>A LA CARTE * SOUP CHICKEN VELVET SOUP</p>	<p>BROCCOLI SOUP</p>	<p>CHICKEN NOODLE SOUP</p>	<p>POTATO CHOWDER SOUP</p>	<p>CREAM OF TOMATO SOUP</p>
<p>*SANDWICHES</p>	<p>SANDWICHES</p>	<p>SANDWICHES</p>	<p>SANDWICHES</p>	<p>SANDWICHES</p>
<p>*DESSERTS</p>	<p>DESSERTS</p>	<p>DESSERTS</p>	<p>DESSERTS</p>	<p>DESSERTS</p>
<p><u>*AVAILABLE DAILY:</u> PIZZA SALAD BAR OR CHEF SALADS DELI SANDWICH BAR</p>		<p><u>*AVAILABLE WEDNESDAY:</u> POTATO BAR W/CHOICE OF BROCCOLI & CHEESE OR SPECIAL MEAT TOPPING</p>		<p><u>*AVAILABLE DAILY:</u> ONE ADDITIONAL SLICE OF BREAD</p>

THESE MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

FLAVORED 1% MILKS, WHEN AVAILABLE, INCLUDE VANILLA, STRAWBERRY AND CHOCOLATE

**ROCKFORD PUBLIC SCHOOLS
SECONDARY LUNCH
OCTOBER 5 THRU OCTOBER 9**

AUBURN, AUBURN FRESHMAN CAMPUS, EAST, GUILFORD, JEFFERSON, EISENHOWER, FLINN, KENNEDY, LINCOLN, RESA & WEST

MONDAY 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9
<p align="center"><u>CHOICE OF</u> CHICKEN NUGGETS</p> <p align="center">HONEY GRILLED SMOKED BEEF RIB PATTY ON BUN</p> <p align="center">POTATO ROUNDS</p> <p align="center">MIXED VEGETABLES</p> <p align="center"><u>CHOICE OF</u> ORANGE WEDGES GRAPE JUICE</p> <p align="center">MILK</p>	<p align="center"><u>CHOICE OF</u> BEEF BURRITO</p> <p align="center">CHICKEN FAJITAS</p> <p align="center">HASH BROWN STICK</p> <p align="center">SPANISH RICE</p> <p align="center">WHOLE KERNEL CORN</p> <p align="center"><u>CHOICE OF</u> PINEAPPLE TIDBITS ASSORTED JUICE</p> <p align="center">MILK</p>	<p align="center"><u>CHOICE OF</u> MEAT LASAGNA</p> <p align="center">RANCH CHICKEN WRAP</p> <p align="center">FRENCH FRIES</p> <p align="center">STEAMED CARROTS</p> <p align="center"><u>CHOICE OF</u> TOSSED SALAD APPLESAUCE</p> <p align="center">MILK</p>	<p align="center"><u>CHOICE OF</u> TENDA STEAK ON BUN</p> <p align="center">BACON, LETTUCE, AND TOMATO SANDWICH W/MOZZARELLA CHEESE STICK</p> <p align="center">POTATO WEDGES</p> <p align="center">PEAS</p> <p align="center"><u>CHOICE OF</u> CARROT/CELERY STICKS W/DIP FRUIT COCKTAIL</p> <p align="center">MILK</p>	<p>SCHOOL IMPROVEMENT DAY</p> <p>NO SCHOOL</p>
<p>A LA CARTE *SOUP BROCCOLI SOUP</p>	<p>CHICKEN NOODLE SOUP</p>	<p>CHICKEN VELVET SOUP</p>	<p>POTATO CHOWDER SOUP</p>	
<p>*SANDWICHES</p>	<p>SANDWICHES</p>	<p>SANDWICHES</p>	<p>SANDWICHES</p>	
<p>*DESSERTS</p>	<p>DESSERTS</p>	<p>DESSERTS</p>	<p>DESSERTS</p>	
<p>*<u>AVAILABLE DAILY:</u> PIZZA SALAD BAR OR CHEF SALADS DELI SANDWICH BAR</p>		<p>*<u>AVAILABLE WEDNESDAY:</u> POTATO BAR W/CHOICE OF BROCCOLI & CHEESE OR SPECIAL MEAT TOPPING</p>		<p>*<u>AVAILABLE DAILY:</u> ONE ADDITIONAL SLICE OF BREAD</p>

THESE MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

FLAVORED 1% MILKS, WHEN AVAILABLE, INCLUDE VANILLA, STRAWBERRY AND CHOCOLATE

**ROCKFORD PUBLIC SCHOOLS
SECONDARY LUNCH MASTER MENU
OCTOBER 12 THRU OCTOBER 16**

NATIONAL SCHOOL LUNCH WEEK OCTOBER 12 THRU 16
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AUBURN, AUBURN FRESHMAN CAMPUS, EAST, GUILFORD, JEFFERSON, EISENHOWER, FLINN, KENNEDY, LINCOLN, RESA & WEST

MONDAY 10/12	TUESDAY 10/13	WEDNESDAY 10/14	THURSDAY 10/15	FRIDAY 10/16
COLUMBUS DAY NO SCHOOL	<u>CHOICE OF</u> CHICKEN STIR FRY W/RICE HAM & CHEESE WRAP POTATO TRIANGLE PEAS <u>CHOICE OF</u> ORANGE JUICE APPLE MILK	<u>CHOICE OF</u> SPICY CHICKEN PATTY ON BUN HOT POCKETS W/BAKED BEANS FRENCH FRIES WHOLE KERNEL CORN <u>CHOICE OF</u> LETTUCE SALAD ASSORTED JUICE MILK	CHOICE OF CREAMED TURKEY BRATWURST ON BUN MASHED POTATOES SWEET POTATOES DRESSING GREEN BEANS CHOICE OF APPLESAUCE PINEAPPLE TIDBITS MILK	<u>CHOICE OF</u> CHEESE QUESADILLAS TURKEY PATTY ON BUN HASH BROWN PATTY BROCCOLI SPEARS W/CHEESE SAUCE <u>CHOICE OF</u> PEACHES ORANGE WEDGES MILK
	CREAM OF TOMATO SOUP	CHICKEN VELVET SOUP	BROCCOLI SOUP	ASSORTED SOUPS
	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES
	DESSERTS	DESSERTS	DESSERTS	DESSERTS
<u>*AVAILABLE DAILY:</u> PIZZA SALAD BAR OR CHEF SALADS DELI SANDWICH BAR		<u>*AVAILABLE WEDNESDAY:</u> POTATO BAR W/CHOICE OF BROCCOLI & CHEESE OR SPECIAL MEAT TOPPING		<u>*AVAILABLE DAILY:</u> ONE ADDITIONAL SLICE OF BREAD

THESE MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE

FLAVORED 1% MILKS, WHEN AVAILABLE, INCLUDE VANILLA, STRAWBERRY AND CHOCOLATE

**ROCKFORD PUBLIC SCHOOLS
SECONDARY LUNCH MASTER MENU
OCTOBER 19 THRU OCTOBER 23**

AUBURN, AUBURN FRESHMAN CAMPUS, EAST, GUILFORD, JEFFERSON, EISENHOWER, FLINN, KENNEDY, LINCOLN, RESA & WEST

MONDAY 10/19	TUESDAY 10/20	WEDNESDAY 10/21	THURSDAY 10/22	FRIDAY 10/23
<p align="center"><u>CHOICE OF</u> HONEY GRILLED SMOKED BEEF RIB PATTY ON BUN CHICKEN PATTY ON BUN POTATO WEDGES MIXED VEGETABLES CHOICE OF JUICE PEARS MILK</p>	<p align="center">CHOICE OF GYRO W/PITA BREAD CHEESEBURGER ON BUN CURLY FRIES GREEN BEANS CHOICE OF TOSSED SALAD FRUIT COCKTAIL MILK</p>	<p align="center"><u>CHOICE OF</u> CHICKEN PATTY ON BUN ITALIAN MEATBALL SUB FRENCH FRIES STEAMED CARROTS <u>CHOICE OF</u> APPLE PEACHES MILK</p>	<p align="center"><u>CHOICE OF</u> TACO SALAD OR JUMBO TACO W/BEEF, CHEESE & SHREDDED LETTUCE WITH SALSA TENDA STEAK ON BUN HASH BROWN STICK PEAS <u>CHOICE OF</u> APPLESAUCE JELLO W/FRUIT MILK</p>	<p align="center"><u>CHOICE OF</u> TURKEY & CHEESE WRAP CHILI BEEF HOT DOG OR BEEF HOT DOG ON BUN POTATO TRIANGLE WHOLE KERNEL CORN <u>CHOICE OF</u> PINEAPPLE TIDBITS ORANGE WEDGES MILK</p>
<p>A LA CARTE *SOUP CREAM OF TOMATO SOUP</p>	BROCCOLI SOUP	VEGETABLE SOUP	POTATO CHOWDER SOUP	CHICKEN VELVET SOUP
*SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES	SANDWICHES
*DESSERTS	DESSERTS	DESSERTS	DESSERTS	DESSERTS
<p>*AVAILABLE DAILY: PIZZA SALAD BAR OR CHEF SALADS DELI SANDWICH BAR</p>		<p>*AVAILABLE WEDNESDAY: POTATO BAR W/CHOICE OF BROCCOLI & CHEESE OR SPECIAL MEAT TOPPING</p>		<p>*AVAILABLE DAILY: ONE ADDITIONAL SLICE OF BREAD</p>

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FLAVORED 1% MILKS, WHEN AVAILABLE, INCLUDE VANILLA, STRAWBERRY AND CHOCOLATE

**ROCKFORD PUBLIC SCHOOLS
SECONDARY LUNCH MASTER MENU
OCTOBER 26 THRU OCTOBER 30**

AUBURN, AUBURN FRESHMAN CAMPUS, EAST, GUILFORD, JEFFERSON, EISENHOWER, FLINN, KENNEDY, LINCOLN, RESA & WEST

MONDAY 10/26	TUESDAY 10/27	WEDNESDAY 10/28	THURSDAY 10/29	FRIDAY 10/30
<p align="center">CHOICE OF CHICKEN QUESADILLAS</p> <p align="center">HONEY GRILLED SMOKED BEEF RIB PATTY ON BUN</p> <p align="center">CURLY FRIES</p> <p align="center">MIXED VEGETABLES</p> <p align="center">CHOICE OF ORANGE JUICE PEARS</p> <p align="center">MILK</p>	<p align="center">CHOICE OF MACARONI & CHEESE</p> <p align="center">CHICKEN PATTY ON BUN OR BREADED CHICKEN</p> <p align="center">FRENCH FRIES</p> <p align="center">PEAS</p> <p align="center">CHOICE OF ASSORTED JUICE APPLESAUCE</p> <p align="center">MILK</p>	<p align="center">CHOICE OF CHEESEBURGER ON BUN</p> <p align="center">PORK CHOPETTE ON BUN</p> <p align="center">FRENCH FRIES</p> <p align="center">CORN ON COB</p> <p align="center">CHOICE OF FRESH PINEAPPLE WEDGE GRAPE JUICE</p> <p align="center">MILK</p>	<p align="center">CHOICE OF SPAGHETTI W/MEAT BALLS</p> <p align="center">GRILLED HAM AND CHEESE SANDWICH</p> <p align="center">POTATO ROUNDS</p> <p align="center">GREEN BEANS</p> <p align="center">CHOICE OF BANANA PEACHES</p> <p align="center">MILK</p>	<p align="center">CHOICE OF SOUTHWEST CHICKEN WRAP</p> <p align="center">CRISPY FISH ON BUN</p> <p align="center">SEASONED POTATO WEDGES</p> <p align="center">BROCCOLI MEDLEY</p> <p align="center">CHOICE OF FRUIT COCKTAIL ASSORTED JUICE</p> <p align="center">MILK</p>
<p>A LA CARTE *SOUP CHICKEN NOODLE SOUP</p>	<p>BEEF NOODLE SOUP</p>	<p>CHICKEN VELVET SOUP</p>	<p>POTATO CHOWDER SOUP</p>	<p>CREAM OF TOMATO SOUP</p>
<p>*SANDWICHES</p>	<p>SANDWICHES</p>	<p>SANDWICHES</p>	<p>SANDWICHES</p>	<p>SANDWICHES</p>
<p>*DESSERTS</p>	<p>DESSERTS</p>	<p>DESSERTS</p>	<p>DESSERTS</p>	<p>DESSERTS</p>
<p>*AVAILABLE DAILY:</p> <p>PIZZA</p> <p>SALAD BAR OR CHEF SALADS</p> <p>DELI SANDWICH BAR</p>		<p>*AVAILABLE WEDNESDAY: POTATO BAR W/CHOICE OF BROCCOLI & CHEESE OR SPECIAL MEAT TOPPING</p>		<p>*AVAILABLE DAILY: ONE ADDITIONAL SLICE OF BREAD</p>

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