



May 2022

Rockford ELEMENTARY LUNCH

Free & reduced priced meals made easy!
 LunchApplication

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN DRUMSTICKS MASHED POTATOES TURKEY GRAVY HERB ROLLS STEAMED CARROTS COIN APPLESAUCE	3 HAMBURGER ON A BUN WEDGE FRIES FRESH STEAM BROCCOLI APPLESAUCE	4 CHICKEN PARMESAN HOMEMADE ROLL CALIFORNIA VEGETABLE ORANGE, FRESH	5 BEEF SOFT TACO REFRIED BEANS STEAMED CORN JELLO CUPS PEARS	6 * NO SCHOO FRIDAY
9 CHICKEN NUGGETS KETCHUP CORN CHIPS CHEESE SAUCE BAKED BEANS FRUIT COCKTAIL	10 LASAGNA DINNER CHESSE BREADSTICK STEAMED PEAS ORANGE, FRESH	11 WALKING TACO STEAMED CORN JELLO CUPS PEARS	12 PB & J MEAL	13 * NO SCHOO FRIDAY
16 HOMEMADE BURRITO STEAMED CORN PEARS JELLO CUPS	17 SLICED TURKEY SLICE HAM GOLDFISH CRACKERS AMERICN CHEESE SLICE BABY CARROTS CELERY STICKS RANCH CUPS BANANA, FRESH	18 SUB SANDWICH VEGGIE CUPS CUCUMBER COINS WATERMELON CRAISINS RICE CRISPY TREAT	19* K-6 NO SCHOOL (TEACHER INSERVI	20 * NO SCHOO FRIDAY
23 MAC & CHEESE HOT DOG FRESH BROCCOLI STEAMED CORN PEARS	24* LAST DAY FOR SENIORS & KINDERG RIB A QUE SANDWICH BBQ SAUCE BAKED BEANS STEAMED PEAS PEARS	25 * GRADUATION PIZZA RIPPERS PEP BAKED CHEETOS CRUNCH WATERMELON VEGGIE CUPS	26 * LAST DAY OF SCHOOL PB&J SANDWICH CHEESE STICK SIDEKICK FROZEN ICEE VEGGIE CUPS CUCUMBER COINS OATMEAL COOKIES	27 * NO SCHOO FRIDAY
30	31			

School News

****LUNCH
APPLICATION
UPDATE****

If you have not filed a free/reduced meal application for the 2021-2022 school year, PLEASE DO SO. When families submit and are approved for free/reduced meals, the student retains that status until 30 days into the next school year. This allows families time to fill out a new application for the current school year. We are still taking applications through the following website: <https://www.lunchapplication.com/>

Meal Price:
Adult: \$4.35
Ala Cart Milk: \$.40

Make payments easily & safely using [K12PaymentCenter.com](https://www.k12paymentcenter.com)

Serving Date	Recipe	Allergens
05/02/2022	R-0212 - POTATOES, MASHED, INSTANT, BULK	Milk (MAY CONTAIN), Soybeans (MAY CONTAIN)
	R-0306 - MILK, VARIETY	Milk
	R-0391 - GRAVY, TURKEY MIX	Milk, Eggs, Wheat, Soybeans
	R-0949 - BUN/ROLL WW HERB 2oz	Milk, Wheat
05/03/2022	R-0289 - POTATO WEDGE FRIES .5CUP	CORN SYRUP
	R-0306 - MILK, VARIETY	Milk
	R-0408 - BEEF PATTIE W/ HOMEMADE BUN	Milk, Wheat, CORN SYRUP
05/04/2022	R-0306 - MILK, VARIETY	Milk
	R-0360 - BUN/ROLL, HOMEMADE WHOLE WHEAT, 1.5oz	Milk, Wheat
	R-1060 - CHICKEN PARMESAN	Milk, Wheat, Soybeans
05/05/2022	R-0306 - MILK, VARIETY	Milk
	R-0544 - TACO, BEEF, SOFT 8"	Milk, Wheat
05/09/2022	R-0213 - CHICKEN NUGGET FRITTERS	Wheat, Soybeans
	R-0286 - SAUCE, NACHO/CHEESE MIXED	Milk, Eggs, Wheat, Soybeans
	R-0306 - MILK, VARIETY	Milk
	R-0350 - KETCHUP, CANNED 1TBSP	CORN SYRUP
05/10/2022	R-0207 - LASAGNA DINNNER MIX	Milk, Wheat
	R-0306 - MILK, VARIETY	Milk
	R-0944 - BREADSTICK, CHEESE, 1 ea	Milk, Wheat, Soybeans
05/11/2022	R-0306 - MILK, VARIETY	Milk
	R-0886 - WALKING TACOS W/DORITOS k-8	Milk
05/12/2022	R-0210 - SANDWICH, PB&J (GRAPE OR STRAW)	Peanuts, Wheat, Soybeans
	R-0247 - CHEESE STICK	Milk
	R-0306 - MILK, VARIETY	Milk
	R-0363 - COOKIES, OATMEAL	Milk, Wheat, Soybeans
	R-0551 - VEGETABLE CUPS, CARROTS, CELERY, RANCH	Milk, Eggs
05/16/2022	R-0306 - MILK, VARIETY	Milk
	R-0746 - BURRITO, BEAN & CHEESE HOMEMADE	Milk, Wheat
05/17/2022	R-0306 - MILK, VARIETY	Milk
	R-0403 - CRACKER, GOLDFISH, PC .75oz	Milk, Wheat, Soybeans
	R-0572 - CHEESE, AMERICAN, SLD	Milk
	R-0920 - DRESSING RANCH 1oz pc	Milk, Eggs
05/18/2022	R-0306 - MILK, VARIETY	Milk
	R-0551 - VEGETABLE CUPS, CARROTS, CELERY, RANCH	Milk, Eggs
	R-0701 - MARSHMALLOW RICE CRISPY TREAT	Milk, Soybeans
	R-1007 - SANDWICH, TURKEY & CHEESE WG IW FROZEN	Milk, Wheat, Soybeans
05/23/2022	R-0306 - MILK, VARIETY	Milk
	R-1025 - MAC & CHEESE RECIPE	Milk, Soybeans

05/24/2022	R-0306 - MILK, VARIETY	Milk
	R-0346 - SAUCE, BARBECUE	Wheat, Soybeans
	R-0369 - PORK, PATTIE, RIB A QUE ON BUN	Milk, Wheat, Soybeans
05/25/2022	R-0226 - PIZZA RIPPERS, PEPPERONI	Milk, Wheat, Soybeans
	R-0306 - MILK, VARIETY	Milk
	R-0551 - VEGETABLE CUPS, CARROTS, CELERY, RANCH	Milk, Eggs
	R-0981 - CHIPS, CHEETOS BAKED	Milk
05/26/2022	R-0210 - SANDWICH, PB&J (GRAPE OR STRAW)	Peanuts, Wheat, Soybeans
	R-0247 - CHEESE STICK	Milk
	R-0306 - MILK, VARIETY	Milk
	R-0363 - COOKIES, OATMEAL	Milk, Wheat, Soybeans
	R-0551 - VEGETABLE CUPS, CARROTS, CELERY, RANCH	Milk, Eggs