



Rock Falls Middle School Lunch Menu

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Popcorn Chicken LoMein & Pizza Salad 3	Spicy Chicken Pizza & Cheesy Romaine Salad 4	Spaghetti w/ Meat Sauce w/wo Breadstick & Egg Chef Salad 5	Waffles w/wo Sausage Links & MYO Pizza Kit 6	Meatball Sub Melt & Ace's Pretzel Pack 7
Bacon Cheeseburger & MYO Pizza Kit 10	Veteran's Day 11	LTO: Gochujan Hot Honey Chicken Sandwich & Popcorn Chicken Salad 12	Walking Tacos & Turkey Chef Salad 13	Spicy Popcorn Chicken w/wo Breadstick & Cheesy Romaine Salad 14
Chicken Pepper Popper Pizza & Ham Chef Salad 17	Turkey Barbacoa Tacos & Cheesy Romaine Salad 18	Orange Chicken w/ Rice & Apple Salad 19	French Toast Sticks w/wo Sausage & Pizza Salad 20	Chicken Parmesan Pizza & Ace's Pretzel Pack 21
Chicken Drumstick w/ Biscuit & Mashed Potatoes & MYO Pizza Kit 24	Half Day Uncrustable Baby Carrots Applesauce Milk 25	No School 26	No School 27	No School 28

NOTES

- All grains served are whole grains
- 1% White milk and low-fat Chocolate milk offered daily!
- All salads come with a grain.
- Uncrustables, Pizza, Cheeseburgers & Chicken Patties Served Daily!

