



Rock Falls Middle School Lunch Menu

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Labor Day 1	Pancakes w/wo Sausage Patty & Ace's Pretzel Pack 2	Walking Tacos & Popcorn Chicken Salad 3	Bacon Cheeseburger & Ham Chef Salad 4	Spicy Popcorn Chicken w/wo Breadstick & MYO Pizza Kit 5
Spicy Chicken Sandwich & Egg Chef Salad 8	Turkey Barbacoa Tacos & Cheesy Romaine Salad 9	Chicken Dumplings w/ Egg Fried Rice & Apple Salad 10	French Toast Sticks w/wo Sausage Patty & Popcorn Chicken Salad 11	Chicken Pepper Popper Pizza & Ace's Pretzel Pack 12
Mini Corn Dogs w/ Mac N' Cheese & Cheesy Romaine Salad 15	Beef Nachos & MYO Pizza Kit 16	Spicy Sausage Pizza & Cheesy Chicken Salad 17	Waffles w/wo Sausage Patty & Apple Salad 18	Chicken Tenders w/wo Breadsticks & Ham & Cheese Sandwich 19
Beef Tacos & Cheesy Chicken Salad 22	LTO: Fajita Chicken Flatbread & Apple Salad 23	Half Day Uncrustable Baby Carrots Apple Milk 24	Honey Stung Popcorn Chicken w/ Biscuit & MYO Pizza Kit 25	Buffalo Chicken Mac N' Cheese & Egg Chef Salad 26
Popcorn Chicken LoMein & MYO Pizza Kit 29	Spicy Chicken Pizza & Popcorn Chicken Salad 30			

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!

