






Rockwood High School Menu

February 2024

MEAL PRICES	
Milk	\$0.75
Student Breakfast	\$2.10
Student Lunch	\$3.80
Student Entrée	\$3.65
Adult Breakfast	\$2.50
Adult Lunch	\$4.45


PAY FOR MEALS ONLINE
[MySchoolBucks.com](https://www.MySchoolBucks.com)

Daily Main Dish Options Include:

- All Beef Hamburger
- All Beef Cheeseburger
- Spicy Black Bean Burger 
- PBJ Uncrustable 
- Grilled Cheese Pretzel 
- Deli Sandwich or Wrap 
- Protein Power Packs
- Entrée Salads

Daily fruit choices may include

Fresh, Frozen, Dried, or Canned (in juice or light syrup) or 100% Fruit Juice


Daily vegetable choices may include:

Fresh Veggies w/ Dip, Hot Canned or Frozen Vegetable

Daily milk choices:

Prairie Farms Skim Milk
 Prairie Farms 1% White Milk
 Prairie Farms 1% Chocolate

Lunch includes a main dish (most have grains and meat/meat alternate), fruit, vegetable, and milk. Students must choose a fruit or vegetable for a complete meal.



























 Indicates a meatless entrée or meatless option is available. Not all meatless options are vegan.

 Indicates a pork product

Rockwood is not peanut free.

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Restaurant Pizza  Bean and Cheese Dip w/ Tortilla Chips  Crispy Chicken Sandwich Cheesy Mexican Corn	2 Bosco Sticks  w/ Marinara Sauce Golden Corn Dog Spicy Chicken Sandwich French Fries
5 Wild Mike's Cheese Bites  w/ Marinara Sauce Big Daddy's Primo Cheese  or Pepperoni Pizza Spicy Chicken Sandwich Bush's Baked Beans	6 Spaghetti & Meat Sauce w/ Warm Breadstick Alpha Personal Pan Cheese  or Pepperoni Pizza  Crispy Chicken Sandwich Steamed Broccoli	7 Buffalo or BBQ Chicken Wings w/ Garlic Knot French Bread Pizza  Spicy Chicken Sandwich Potato Smiles	8 Restaurant Pizza  Buffalo Grilled Chicken Sandwich Crispy Chicken Sandwich Sweet Potato Fries	9 NO SCHOOL
12 Mini Corn Dogs Nardone's Buffalo Chicken Pizza Spicy Chicken Sandwich Bush's Baked Beans	13 Gochujang Chicken & Vegetable Dumplings White Garlic Cheese Pizza  w/ Marinara Sauce Crispy Chicken Sandwich Steamed Broccoli	14 Crispy Chicken Chunks w/ Warm Breadstick Cheese Pizza Calzone Spicy Chicken Sandwich Seasoned Spiral Fries	15 Restaurant Pizza  Hot Honey Chicken Sandwich Crispy Chicken Sandwich Garlic Roasted Baby Carrots	16 Baked Potato w/ Chili and Cheese Garlic Knot Potato Crusted Fish and Chips w/ Hushpuppies Spicy Chicken Sandwich French Fries
19 NO SCHOOL	20 Nachos Supreme w/ Queso Alpha Personal Pan Cheese  or Pepperoni Pizza  Crispy Chicken Sandwich Fiesta Black Beans	21 Crispy Chicken Chunks w/ Warm Breadstick Alpha Mega Meat  or Cheese Pizza Slice  Spicy Chicken Sandwich French Fries	22 Restaurant Pizza  Hot Ham and Cheese Croissant  Crispy Chicken Sandwich Parmesan Roasted Broccoli	23 Breaded Mozzarella Sticks  w/ Marinara Sauce Shredded Beef or Bean and Cheese Burrito  Spicy Chicken Sandwich Seasoned Green Beans
26 Toasted Cheese Ravioli  w/ Marinara Sauce Big Daddy's Primo Cheese  or Pepperoni Pizza Spicy Chicken Sandwich Roasted Buffalo Cauliflower Bites	27 Mandarin Orange Chicken w/ Rice White Garlic Cheese Pizza  w/ Marinara Sauce Crispy Chicken Sandwich Steamed Broccoli	28 Crispy Chicken Chunks w/ Warm Breadstick Cheese Pizza Calzone  or Pepperoni Calzone  Spicy Chicken Sandwich Tater Tots	29 Restaurant Pizza  Bean and Cheese Dip w/ Tortilla Chips  Crispy Chicken Sandwich Cheesy Mexican Corn	

RISE+SHINE.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	+Breakfast Pizza Bagel 🍷 Savory sausage, bacon and cheese on a whole grain-rich bagel. +CinnaTwin 🌱	+Sausage Egg & Cheese* 🍷 Biscuit Sandwich Warm biscuit stacked tall with sausage patty, egg, and melted cheese. +Cinnamon Swirl Breakfast Cake 🌱	+Breakfast Burrito Egg, cheese and turkey sausage crumbles wrapped in a whole grain tortilla. +Mini Confetti Pancakes 🌱	+Bacon, Egg & Cheese* on English Muffin Sliced turkey bacon, fluffy egg, and melted cheese on a whole grain English muffin. +Pillsbury Mini Cinnis 🌱	+Long John Donut w/ Yogurt 🌱 Sweet and delicious glazed donut served with protein packed yogurt.
Week 2	+Pancake & Sausage Breakfast Bites Chicken sausage bites coated in whole grain batter. +CinnaTwin 🌱	+Chicken Biscuit Sandwich Crispy breaded chicken fillet on a warm, flaky biscuit. Served with a side of honey. +Cinnamon Swirl Breakfast Cake 🌱	+Turkey Sausage & Cheddar Egg Bite w/Toasted Bagel Half Whole eggs scrambled with turkey sausage and cheddar cheese baked in a muffin cup. +Mini Confetti Pancakes 🌱	+Sausage Egg & Cheese* Croissant Sandwich 🍷 Sausage patty, fluffy egg, and melted cheese on a whole grain croissant. +Pillsbury Mini Cinnis 🌱	+Warm Cinnamon Roll 🌱 Sweet glazed cinnamon roll served warm.

Now offering smoothies

Check with your school café to see days available!

BREAKFAST AT ROCKWOOD MIDDLE AND HIGH. EVERY DAY. ANY WAY YOU LIKE IT.

Entrée + Fruit and/or Vegetable + Milk

*Meat, cheese, and/or egg-free 🌱 breakfast sandwiches available.

YOU PICK ONE.

-Bagel w/ Cream Cheese	-Mini Donuts
-BeneFit Breakfast Bar	-Nature Valley Oatmeal Round
-Breakfast Honey Bun	-Pop Tart, 2 Pack
-Hadley Farms Breakfast Bar	-Super Slice Bread
-Kellogg's or General Mills Large Cereal Bowl	
🌱 All "You Pick One" items are meatless.	

One Item + Fruit and/or Vegetable + Milk

YOU PICK TWO. (Choose two different items.)

GRAIN CHOICES -88 Acres Seed & Grain Bar -Otis Spunkmeyer Muffin -Kellogg's or General Mills Cereal Bowl -Cooper Street Granola Bar -Nutrigrain Bar	-Quaker Granola Bar: Chocolate Chunk or Cookies & Cream -Cheez-Its -KIND Bar	PROTEIN CHOICES -Cheese Stick or Cheese Cubes* -4 oz Yogurt* -Hardboiled Egg* -Sunflower Seeds* -Sunflower or Pumpkin Seed Butter Packet (88 Acres)*
🌱 All "You Pick Two" items are meatless.		
*Second choice must be a grain item.		

Two Items + Fruit and/or Vegetable + Milk