



Rockwood Middle School

February 2024



MEAL PRICES

Milk	\$0.75
Student Breakfast	\$2.10
Student Lunch	\$3.80
Adult Breakfast	\$2.50
Adult Lunch	\$4.45



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 School District is NOT Peanut Free! The products we offer may contain or may be produced in a facility that uses common allergens including wheat, soy, milk, eggs, peanuts, tree nuts, fish, or shellfish. Contact your child's school cafeteria manager for menu and allergen questions.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Fajita Rice Bowl w/ Queso Southwestern Refried Beans	2 Breakfast for Lunch! Chicken & Waffles Sweet Potato Fries
5 Golden Corn Dog Potato Smiles	6 Restaurant Pizza Italian Roasted Baby Carrots	7 Cheese Calzone w/ Marinara Sauce Parmesan Roasted Broccoli	8 Boneless Chicken Wings w/ Breadstick Tater Tots	9 NO SCHOOL
12 Chicken Chili Crisпитos w/ Queso Fiesta Black Beans	13 Restaurant Pizza Glazed Carrots	14 Breaded Mozzarella Sticks w/ Marinara Sauce Sweet Corn	15 Mandarin Orange Chicken w/ Rice Steamed Broccoli Fortune Cookie	16 Potato Crusted Fish Fillet w/ Hushpuppies Seasoned Spiral Fries
19 NO SCHOOL	20 Restaurant Pizza Parmesan Roasted Broccoli	21 Breaded Chicken Drumstick or Thigh w/ Warm Breadstick Mashed Potatoes & Gravy	22 Bean and Cheese Burrito w/ Queso Spanish Rice Cheesy Mexican Corn	23 Bosco Sticks w/ Marinara Sauce Steamed Mixed Vegetables
26 Mini Corn Dogs Bush's Baked Beans	27 Restaurant Pizza Sweet Green Peas	28 Premium Crispy Chicken Sandwich Spicy Chicken Sandwich Seasoned Spiral Fries	29 Spaghetti & Meatballs w/ Warm Breadstick Italian Seasoned Green Beans	

Daily Main Dish Options Include:

- Hamburger (100% beef)
- Cheeseburger (100% beef)
- Spicy Black Bean Burger
- Sun Butter & Jelly
- Grilled Cheese Pretzel
- Snack 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
- Prairie Farms 1% Strawberry

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

RISE+SHINE.

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

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

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

Entrée + Fruit and/or Vegetable + Milk

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.)

<p>GRAIN CHOICES</p> <ul style="list-style-type: none"> -88 Acres Seed & Grain Bar -Otis Spunkmeyer Muffin -Kellogg's or General Mills Cereal Bowl -Cooper Street Granola Bar -Nutrigrain Bar -KIND Bar 	<ul style="list-style-type: none"> -Pop Tart, 1 pack -Quaker Granola Bar: Chocolate Chunk or Cookies n' Cream -Cheez-Its 	<p>PROTEIN CHOICES</p> <ul style="list-style-type: none"> -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