

Rockwood High School Menu





March 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

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 Milk

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
				<p>1</p> <p>Bosco Sticks </p> <p>w/ Marinara Sauce</p> <p>Fish Sandwich</p> <p>Spicy Chicken Sandwich</p> <p>Bush's Baked Beans</p> <p>Sunkist Citrus Day! Orange Wedges</p>
<p>4</p> <p>Mini Corn Dogs</p> <p>Big Daddy's Primo Cheese or Pepperoni Pizza </p> <p>Spicy Chicken Sandwich</p> <p>Sweet Potato Fries</p> <p>Frosty Mixed Berry Cup</p>	<p>5</p> <p>Cajun Chicken Alfredo w/ Warm Breadstick</p> <p>Alpha Personal Pan Cheese or Pepperoni Pizza </p> <p>Crispy Chicken Sandwich</p> <p>Steamed Broccoli</p> <p>Diced Pears</p>	<p>6</p> <p>Crispy Chicken Tenders w/ Warm Breadstick</p> <p>Cheese Pizza Rippers w/ Marinara Sauce </p> <p>Spicy Chicken Sandwich</p> <p>Mashed Potatoes w/ Gravy</p> <p>Frosty Peach Cup</p>	<p>7</p> <p>Restaurant Pizza </p> <p>BBQ Pork Rib Sandwich</p> <p>Crispy Chicken Sandwich</p> <p>Seasoned Spiral Fries</p> <p>Icy Blueberries</p>	<p>8</p> <p>Wild Mike's Cheese Bites w/ Marinara Sauce </p> <p>Potato Crusted Fish and Chips w/ Hushpuppies</p> <p>Spicy Chicken Sandwich</p> <p>Latin Baked Black Beans</p> <p>Mixed Fruit Cocktail</p>
<p>11</p> <p>Breaded Mozzarella Sticks w/ Marinara Sauce </p> <p>Golden Corn Dog</p> <p>Spicy Chicken Sandwich</p> <p>Bush's Baked Beans</p> <p>Frosty Strawberry Cup</p>	<p>12</p> <p>Sweet Chili Chicken & Vegetable Dumplings</p> <p>White Garlic Cheese Pizza w/ Marinara Sauce </p> <p>Crispy Chicken Sandwich</p> <p>Steamed Broccoli</p> <p>Diced Pears</p>	<p>13</p> <p>Crispy Chicken Chunks w/ Warm Breadstick</p> <p>Cheese Pizza Calzone or Pepperoni Calzone </p> <p>Spicy Chicken Sandwich</p> <p>French Fries</p> <p>Diced Peaches</p>	<p>14</p> <p>Restaurant Pizza </p> <p>Shredded Beef Burrito</p> <p>Crispy Chicken Sandwich</p> <p>Seasoned Spiral Fries</p> <p>Icy Blueberries</p>	<p>15</p> <p>Southwest Chicken and Rice Bowl w/ Toppings</p> <p>Fish Sandwich</p> <p>Spicy Chicken Sandwich</p> <p>Cheesy Mexican Corn</p> <p>Mixed Fruit Cocktail</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>
<h1>SPRING BREAK</h1>				
<p>25</p> <p>Toasted Cheese Ravioli w/ Marinara Sauce </p> <p>Big Daddy's Primo Cheese or Pepperoni Pizza </p> <p>Spicy Chicken Sandwich</p> <p>Sweet Peas</p> <p>Frosty Peach Cup</p>	<p>26</p> <p>Mandarin Orange Chicken w/ Rice</p> <p>Alpha Mega Meat or Cheese Pizza Slice </p> <p>Crispy Chicken Sandwich</p> <p>Steamed Broccoli</p> <p>Diced Pears</p>	<p>27</p> <p>Crispy Chicken Tenders w/ Warm Breadstick</p> <p>Nardone's Buffalo Chicken Pizza </p> <p>Spicy Chicken Sandwich</p> <p>Seasoned Spiral Fries</p> <p>Frosty Mixed Berry Cup</p>	<p>28</p> <p>Restaurant Pizza </p> <p>Bean and Cheese Dip w/ Tortilla Chips </p> <p>Crispy Chicken Sandwich</p> <p>Tater Tots</p> <p>Icy Blueberries</p>	<p>29</p> <p>NO SCHOOL</p>

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. +Blueberry Cinnamon Swirl Breakfast Cake 🌱	+Breakfast Burrito Egg, cheese and turkey sausage crumbles wrapped in a whole grain tortilla. +Mini Confetti Pancakes 🌱	+Bacon, Egg & Cheese* Croissant Sliced turkey bacon, fluffy egg, and melted cheese on a whole grain croissant. +CinnaTwin 🌱	+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. +Dutch Waffle 🌱	+Cinnamon Glazed French Toast Sticks w/ Sausage Links 🐷 Cinnamon glazed French toast sticks and 2 pork sausage links served with syrup. +Mini Confetti Pancakes 🌱	+Sausage Egg & Cheese* Croissant Sandwich 🐷 Sausage patty, fluffy egg, and melted cheese on a whole grain croissant. +CinnaTwin 🌱	+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