

March 2024

Rockwood Elementary Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Featured Veggie of the Month! CELERY

Celery is a source of several nutrients that support growing bodies, such as calcium, potassium, folate and vitamins A, C, and K.

Get a Welch's 100% Juice Slushy with breakfast every day during NSBW!

DID YOU KNOW?

March 4-8th is National School Breakfast Week!
Breakfast helps students be their best. Studies show that good nutrition leads to improved classroom performance, higher test scores, and better behavior.

MEAL PRICES

Milk	\$0.75
Student Breakfast	\$2.10
Student Lunch	\$3.60
Adult Breakfast	\$2.50
Adult Lunch	\$4.45

Prepay your child's meal account online using www.myschoolbucks.com

Helpful hint: Deposit \$54.00 for school lunches in March.

Breakfast includes the menued item; Or 4 oz Yogurt & Graham Cracker; Or Choice of Cereal & Graham Cracker. Each breakfast is served with fruit and/or 100% juice and milk.

Alternate Entrées Available Daily

- * Grilled Cheese Pretzel
- * Deli Turkey Sandwich
- * Sunbutter & Jelly Sandwich
- * Chef Salad w/Crackers

Snack Pack Options Available Daily


- Monday** – Cinnamon Snack'n Waffle
- Tuesday** – Cereal & Dick & Jane Nutrition Grahams
- Wednesday** – Muffin Variety & Goldfish Pretzels
- Thursday** – 88 Acres Chocolate Seed & Oat Bar & Goldfish Crackers
- Friday** – Mini Pancakes

Served with choice of Cheese Cubes or Sticks, Yogurt & Sunflower Seeds, Hard Boiled Egg, or Sunflower/ Pumpkin Seed Butter

Daily fruit choices may include: Fresh, frozen, dried, canned (in juice or light syrup) or 100% juice.

Variety of fresh vegetables offered daily.


Rockwood is not peanut free.

 Indicates a pork product.

MENU IS SUBJECT TO CHANGE


This institution is an equal opportunity provider.

4
Cinnamon Glazed French Toast Sticks *****
Breakfast for Lunch!
Pancake & Sausage Bites
Sweet Potato Fries
Birthday Cake Applesauce Cup
Choice of Cold Milk

5
Turkey Sausage, Egg & Cheese Breakfast Burrito *****
Southern Style BBQ Pulled Pork on Bun 
Cowboy Beans
Tropical Mixed Fruit
Choice of Cold Milk

6
Tropical Yogurt Parfait w/ Graham Crackers *****
Create Your Own Pizza
Steamed Broccoli
Bananarama
Choice of Cold Milk

7
National Cereal Day!
Lucky Charms Cereal Bar *****
Crispy Chicken Sandwich
Steamed Mixed Vegetables
Fresh Apple Slices
Choice of Cold Milk

8
Sausage, Egg & Cheese Biscuit Sandwich  *****
Breaded Fish Sticks w/ Warm Breadstick
Tater Tots
Frosty Mixed Berries
Choice of Cold Milk

11
Fluffy Pancake w/ Sausage Patty  *****
Mini Corn Dogs
Latin Baked Black Beans
Icy Blueberries
Choice of Cold Milk

12
Egg Pop w/ Cheese Crackers *****
Popcorn Chicken Smackers w/ Warm Breadstick
Sweet Corn
Peachy Keen Peaches
Choice of Cold Milk

13
Warm Cinnamon Oatmeal w/ Toppings *****
Restaurant Pizza
Glazed Carrots
Vine-Ripened Grapes
Choice of Cold Milk

14
Turkey Sausage & Cheese Egg Bite w/ Bagel Half  *****
Japanese Cherry Blossom Chicken w/ Fluffy Rice
Steamed Broccoli
Diced Pears
Fortune Cookie
Choice of Cold Milk

15
Warm Cinnamon Roll *****
Potato Crusted Fish Fillet w/ Hushpuppies
Oven Baked Crinkle Fries
Blue Raspberry Sidekick Icy
Choice of Cold Milk

18

19

20

21

22

SPRING BREAK

25
Chocolate Cherry Granola Bar w/ Yogurt *****
Breaded Mozzarella Sticks w/ Marinara Sauce
Italian Sweet Peas
Tropical Raisels
Choice of Cold Milk

26
Breakfast Pizza *****
Three Cheese Cavatappi w/ Warm Breadstick
Steamed Broccoli
Cinnamon Pears
Choice of Cold Milk

27
Egg & Cheese Biscuit Sandwich *****
Holiday Meal!
Pulled Turkey & Gravy w/ Warm Dinner Roll
Mashed Potatoes & Gravy
Fresh Strawberries
Choice of Cold Milk

28
Dutch Waffle *****
Hamburger or Cheeseburger on Bun
Bush's Baked Beans
Frosty Peach Cup
Choice of Cold Milk

29
NO SCHOOL