



Rockwood Middle School

March 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 Fish Sandwich Meatball Sub Sandwich Sweet Potato Fries Sunkist Citrus Day! Orange and Grapefruit Wedges |
| 4 Toasted Cheese Ravioli w/ Marinara Sauce Parmesan Roasted Broccoli Diced Pears | 5 Restaurant Pizza Tater Tots Icy Blueberries | 6 Nachos Supreme w/ Toppings Fiesta Black Beans Diced Peaches | 7 Breakfast for Lunch! Fluffy Pancakes w/ Sausage Links Sweet Potato Fries Frosty Strawberry Cup | 8 Big Daddy's Cheese or Pepperoni Pizza Steamed Mixed Vegetables Mixed Fruit Cocktail |
| 11 Cheeseburger Mac w/ Warm Breadstick BBQ Pork Rib Sandwich Bush's Baked Beans Diced Pears | 12 Restaurant Pizza Italian Seasoned Green Beans Icy Blueberries | 13 Buffalo or BBQ Chicken Wings w/ Garlic Knot Glazed Carrots Diced Peaches | 14 Mandarin Orange Chicken w/ Rice Steamed Broccoli Frosty Mixed Berry Cup | 15 Potato Crusted Fish Fillet w/ Mac and Cheese Seasoned Spiral Fries Mixed Fruit Cocktail |
| 18 | 19 | 20 | 21 | 22 |
| <h1>SPRING BREAK</h1> | | | | |
| 25 Wild Mike's Cheese Bites w/ Marinara Sauce Italian Sweet Peas Diced Pears | 26 Restaurant Pizza Parmesan Roasted Broccoli Icy Blueberries | 27 Sliced Turkey w/ Garlic Knot Mashed Potatoes w/ Gravy Colorful Applesauce | 28 Premium Crispy Chicken Sandwich Spicy Chicken Sandwich Bush's Baked Beans Frosty Strawberry Cup | 29 NO SCHOOL |

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 | +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. |

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 |
| -Crunchmania Cinnamon Grahams | -Sky Blue Breakfast Bar |
| -Hadley Farms Breakfast Bar | -Super Slice Bread |
| -Large General Mills 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 -Kellogg's or General Mills Cereal Bar -Otis Spunkmeyer or Muffintown Muffin -Kellogg's or General Mills Cereal Bowl -Darlington Bars, Assorted -Nutrigrain Bar | -Nature Valley Crisps -Quaker Granola Bar: Chocolate Chunk or Cookies n' Cream -Cheez-Its | PROTEIN CHOICES -Cheese Stick or Cheese Cubes* -4 oz Yogurt* -Hardboiled Egg* -Sunflower Seeds* |
| 🌱 All "You Pick Two" items are meatless. | | *Second choice must be a grain item. |

Two Items+Fruit and/or Vegetable+Milk