

# May 2024

# Rockwood Elementary Menu

## Monday

### Veggie of the Month: *Bell Peppers*

Did you know red, orange, and yellow peppers are very ripe green peppers?



Get a Welch's Concord Berry Slushy every day at breakfast this week!

### 6 Toasted Bagel w/ Cream Cheese \*\*\*\*\*

#### Breakfast for Lunch!

Cinnamon Glazed French Toast Sticks w/ Sausage Links Sweet Potato Fries Frosty Peach Cup Choice of Cold Milk

### 13 Turkey Sausage, Cheese Egg Bake Bite w/ Warm Biscuit \*\*\*\*\*

Breaded Fish Sticks w/ Hushpuppies or Breadstick Oven Baked Crinkle Fries Peachy Keen Peaches Choice of Cold Milk

### 20 Cinnamon Toast Crunch Filled Pastry \*\*\*\*\*

Wild Mike's Cheese or Pepperoni Pizza Steamed Broccoli Sweet Frosty Cherries Choice of Cold Milk

### 27



## Tuesday

### 7 Cheesy Scrambled Eggs w/ Warm Biscuit \*\*\*\*\*

Popcorn Chicken Smackers w/ Warm Breadstick Mashed Potatoes w/ Gravy Tropical Mixed Fruit Choice of Cold Milk

### 14 Cinnamon Glazed French Toast Sticks \*\*\*\*\*

Nachos Supreme w/ Toppings Mexicali Corn Icy Blueberries Choice of Cold Milk

### 21 Egg and Cheese Biscuit Sandwich \*\*\*\*\*

Hamburger or Cheeseburger on Bun Potato Mix Up Diced Pears Choice of Cold Milk

### 28

## Wednesday

### 1 National Chocolate Parfait Day!

Chocolate Chip Yogurt Parfait w/ Graham Crackers \*\*\*\*\*

Mini Cheese Calzones Italian Seasoned Green Beans Sweet Frosty Cherries Choice of Cold Milk

### 8 Dunkin' Stick w/ Yogurt \*\*\*\*\*

Restaurant Pizza Steamed Mixed Vegetables Vine-Ripened Grapes Choice of Cold Milk

### 15 Chocolate Chip Day!

Double Chocolate Chip Muffin w/ Yogurt \*\*\*\*\*

Create Your Own Pizza Diced Carrots Bananarama Chocolate Chip Cookie Choice of Cold Milk

### 22 Breakfast Pizza \*\*\*\*\*

Chicken Mix Up w/ Warm Breadstick Vegetable of the Day Fruit of the Day Choice of Cold Milk

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## Thursday

### 2 Fluffy Pancake w/ Sausage \*\*\*\*\*

Japanese Cherry Blossom Chicken w/ Fluffy Rice Steamed Broccoli Pineapple Chunks Fortune Cookie Choice of Cold Milk

### 9 Egg and Cheese Biscuit Sandwich \*\*\*\*\*

Three Cheese Cavatappi w/ Warm Breadstick Steamed Broccoli Fresh Apple Slices Choice of Cold Milk

### 16 Pancake & Sausage Bites \*\*\*\*\*

National BBQ Day! Southern Style BBQ Pulled Pork Sandwich BBQ Baked Beans Frosty Strawberry Cup Choice of Cold Milk

### 23 Manager's Choice \*\*\*\*\*

Manager's Choice Vegetable of the Day Fruit of the Day Choice of Cold Milk

### 30

## Friday

### 3 Glazed Donut Holes w/ Yogurt \*\*\*\*\*

School Lunch Hero Day! Hot Dog on Bun X-Ray Vision Carrots Superfood Blueberries Choice of Cold Milk

### 10 Warm Cinnamon Roll \*\*\*\*\*

Crispy Chicken Sandwich Bush's Baked Beans Orange Wedges Choice of Cold Milk

### 17 Dutch Waffle \*\*\*\*\*

Breaded Mozzarella Sticks w/ Marinara Sauce Parmesan Roasted Broccoli Fruit Salad Mix Up Choice of Cold Milk

### 24 Manager's Choice \*\*\*\*\*

Manager's Choice Vegetable of the Day Fruit of the Day Choice of Cold Milk

Early Dismissal

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### 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](http://www.myschoolbucks.com)

**Helpful hint:** Deposit \$64.80 for school lunches in May.

**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 & Zee Zee's Birthday Grahams
- Wednesday** – Muffin Variety & Goldfish Pretzels
- Thursday** – Annie's Chocolate Chip Bunny Grahams & Cheez-Its
- 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.