

September 2024

Rockwood Elementary Menu

Monday

Join our dedicated team and make a difference in children's lives every day. No nights, weekends or holidays. Work while your kids are in school!
Apply online at rsdmo.org or call 636-733-3253.

Dutch Waffle ***** 9

Potato Crusted Fish Fillet w/ Hushpuppies
Bush's Baked Beans
Frosty Strawberries
Choice of Cold Milk

Breakfast Pizza ***** 16

National Guacamole Day!
Nachos Supreme w/ Queso
Toppings: Guacamole, Salsa
Southwestern Refried Beans
Mango Applesauce Cup
Choice of Cold Milk

Cinnamon Glazed French Toast Sticks ***** 23

Crispy Chicken Sandwich
Bush's Baked Beans
Icy Blueberries
Choice of Cold Milk

Toasted Bagel w/ Cream Cheese ***** 30

Wild Mike's Cheese Pocket w/ Marinara Sauce
Italian Sweet Peas
Fruit Salad Mix Up
Choice of Cold Milk

Tuesday

Fluffy Pancake w/ Sausage Patty ***** 3

Soft Pretzel w/ Cheddar Cheese Sauce
Bush's Baked Beans
Icy Blueberries
Choice of Cold Milk

Egg and Cheese Biscuit ***** 10

Breakfast for Lunch!
Cinnamon Glazed French Toast Sticks w/ Sausage Links *****
Sweet Potato Fries
Fruit Salad Mix Up
Choice of Cold Milk

Fluffy Pancake w/ Sausage Patty ***** 17

Golden Corn Dog
Glazed Carrots
Frosty Mixed Berries
Choice of Cold Milk
Try It Tuesday! Zucchini

Blueberry Breakfast Cake w/ Yogurt ***** 24

Spaghetti & Meat Sauce w/ Warm Breadstick
Italian Seasoned Green Beans
Cinnamon Pears
Choice of Cold Milk

Wednesday

Egg & Cheese Bagelicious ***** 4

Mandarin Orange Chicken w/ Fluffy Rice
Steamed Broccoli
Tropical Mixed Fruit
Fortune Cookie
Choice of Cold Milk

Banana Split Yogurt Parfait w/ Graham Crackers ***** 11

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

Scrambled Eggs w/ Warm Biscuit ***** 18

National Cheeseburger Day!
Hamburger or Cheeseburger on Bun
Oven Crinkle Fries
Fresh Apple Slices
Choice of Cold Milk

Egg and Cheese Biscuit ***** 25

World School Milk Day!
Mini Cheese Pizza Bagels
Sweet Corn
Frosty Peaches
Choice of Cold Milk

Thursday

Mixed Berry Smoothie w/ Graham Crackers ***** 5

National Cheese Pizza Day!
Wild Mike's Cheese Pizza
Diced Carrots
Diced Pears
Choice of Cold Milk

Egg Pop w/ Cheez-Its ***** 12

Popcorn Chicken Smackers w/ Warm Breadstick
Mashed Potatoes w/ Gravy
Banarama
Choice of Cold Milk

Breakfast Nachos ***** 19

Three Cheese Cavatappi w/ Warm Breadstick
Roasted Zucchini
Fresh Strawberries
Choice of Cold Milk

Pancake & Sausage Bites ***** 26

National Dumpling Day!
Chicken & Vegetable Dumplings
Steamed Broccoli
Chilled Pineapple Chunks
Choice of Cold Milk

Friday

Glazed Donut Holes w/ Yogurt ***** 6

Hot Dog on Bun
Oven Crinkle Fries
Orange Wedges
Choice of Cold Milk

Dunkin' Stick w/ Yogurt ***** 13

Breaded Mozzarella Sticks w/ Marinara Sauce
Parmesan Roasted Broccoli
Peachy Keen Peaches
Choice of Cold Milk

Warm Cinnamon Roll ***** 20

National Pepperoni Pizza Day!
Create Your Own Pizza (Turkey Pepperoni)
Steamed Broccoli
Blue Raspberry Lemon Sidekick
Choice of Cold Milk

Trix Muffin w/ Yogurt ***** 27

Breakfast for Lunch!
Fluffy Pancakes w/ Sausage Links *****
Sweet Potato Fries
Orange Wedges
Choice of Cold Milk

MEAL PRICES

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

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

Helpful hint: Deposit \$72.00 for school lunches in September.

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**—Chocolate Chip Waffle Snaps
- Tuesday**—Cereal & Mixed Berry Animal Crackers
- Wednesday**—Muffin Variety & Goldfish Pretzels
- Thursday**—Bug Bites & Cheez-Its
- Friday**—Mini Confetti Pancakes


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

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

Variety of fresh vegetables offered daily.

Daily milk choices include: Prairie Farms Skim and 1% White, 1% Chocolate, 1% Strawberry

Rockwood is not peanut free.

 Indicates a pork product.

Did you know?

Zucchini grow from a plant blossom (flower) and have seeds, so they are technically a fruit.

Veggie of the Month:
Zucchini

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.