

Meal Prices	
Student Breakfast	\$2.10
Student Lunch	\$3.80
Adult Breakfast	\$2.50
Adult Lunch	\$4.45
Milk	\$0.75

Rockwood Middle School Menu



September 2024

PAY FOR MEALS ONLINE
MySchoolBucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Restaurant Pizza Sweet Corn	4 Breakfast for Lunch! Cinnamon Glazed French Toast Sticks w/ Sausage Links Sweet Potato Fries	5 Spaghetti & Meat Sauce w/ Warm Breadstick Steamed Broccoli	6 Mini Corn Dogs Tater Tots
9 Mozzarella Sticks w/ Marinara Sauce Sweet Peas	10 Restaurant Pizza Glazed Carrots	11 Bean and Cheese Burrito w/ Queso Southwestern Refried Beans	12 Boneless Chicken Chunks w/ Warm Breadstick Seasoned Spiral Fries	13 Alpha Deep Dish Cheese or Pepperoni Pizza ★ Parmesan Roasted Zucchini
16 Crispy Chicken Sandwich Spicy Chicken Sandwich Tater Tots	17 Restaurant Pizza Sweet Corn Try it Tuesday! Chicken Tikka Masala	18 Chicken Tikka Masala over Rice w/ Flatbread Steamed Mixed Vegetables	19 Pulled Pork Nachos w/ Queso BBQ Pulled Pork Sandwich Bush's Baked Beans	20 Toasted Cheese Ravioli w/ Marinara Sauce Steamed Broccoli
23 Crispy Chicken Strips w/ Warm Breadstick Seasoned Spiral Fries	24 Restaurant Pizza ★ Roasted Zucchini	25 Mandarin Orange Chicken w/ Rice Steamed Broccoli Fortune Cookie	26 Nachos Supreme w/ Toppings Latin Baked Black Beans	27 Bosco Sticks w/ Marinara Sauce Italian Roasted Baby Carrots
30 Wild Mike's Cheese Bites w/ Marinara Sauce Italian Seasoned Green Beans	Veggie of the Month: ★ Zucchini		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.	

Main Entrees Served Daily

- Hamburger (100% beef)
- Cheeseburger (100% beef)
- Spicy Black Bean Burger
- Sunbutter & Jelly Sandwich
- Grilled Cheese Pretzel Roll
- Snack Pack
- Nacho Snack Pack
- Daily Special Entrée Salad

Menu is subject to change.

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.

This institution is an equal opportunity provider.

Daily fruit choices may include:

Fresh, Frozen, Dried, or Canned (in juice or light syrup) or 100% Fruit Juice

Variety of fresh vegetables offered daily, including but not limited to baby carrots, sliced cucumbers, and cherry tomatoes.

Daily milk choices:

- Prairie Farms Skim Milk
- Prairie Farms 1% White Milk
- Prairie Farms 1% Chocolate
- Prairie Farms 1% Strawberry

Rockwood Middle & High School Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Dutch Waffle 🌱	Turkey Sausage and Cheddar Egg Bites	Fruit and Yogurt Smoothie w/ Granola 🌱	Pillsbury Chocolate Filled Crescent 🌱	Long John Donut w/ Yogurt 🌱
Week 2	Breakfast Pizza	CinnaTwin 🌱	Fruit and Yogurt Smoothie w/ Granola 🌱	Pancake & Sausage Bites	Warm Cinnamon Roll 🌱
Breakfast Sandwich Options	Sausage, Egg and Cheese Croissant Sandwich* 🍖	Turkey Bacon, Egg and Cheese Biscuit Sandwich*	Crispy Chicken Biscuit Sandwich	Turkey Bacon, Egg and Cheese Croissant Sandwich*	Sausage, Egg, and Cheese Biscuit Sandwich* 🍖

Entrée + Fruit and/or Juice + Milk

*Meat, cheese, and/or egg-free breakfast sandwiches available. 🌱

WHAT MAKES A BREAKFAST?

Select three items in total



one must be a

FRUIT or JUICE

Daily Breakfast Options

PICK 1

ONE ITEM + FRUIT AND/OR VEGETABLE + MILK

Plain Bagel w/ Cream Cheese
 BeneFit Breakfast Bar
 Breakfast Honey Bun
 Mini Donuts
 Large Muffin – Trix or Cinnamon Toast Crunch
 Pumpkin Bread Slice
 Pop Tart, 2 pack
 Large Cereal Bowl, 2 oz
 Large Cereal Bar – Lucky Charms, Cocoa Puffs

PICK 2

TWO ITEMS + FRUIT AND/OR VEGETABLE + MILK

GRAINS

Small Cereal Bowl, 1 oz
 Small Cereal Bar – Cocoa Puffs or Cinnamon Toast Crunch
 Muffin Variety
 Nature Valley Crisps
 Nutrigrain Bar
 Quaker Granola Bar
 Graham Cracker Variety
 Cheez-Its

PROTEIN

Cheese Stick or Cheese Cubes
 4 oz Yogurt
 Sunflower Seeds
 Hard Boiled Egg

Did you know?

Many products we use are made specifically for schools and can't be purchased in the grocery store. They are made with whole grain (more fiber), less sugar and less sodium!