

# August 2024

# Rockwood Elementary Menu

Monday

Tuesday

Wednesday

Thursday

Friday

## Did you know?

August is named after Augustus Caesar, founder and the first emperor of the Roman Empire, who was posthumously adopted by his maternal great-uncle Gaius Julius Caesar. In the early Roman calendar, August was actually the sixth month of the year. It was originally 30 days in length, but an extra day was added so that it would equal the number of days in July, which was named after Julius Caesar.

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](http://rsdmo.org) or call 636-733-3253.

### 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 \$36.00 for school lunches in August.

**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, or 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.

**MENU IS SUBJECT TO CHANGE**

This institution is an equal opportunity provider.

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12

13

14

15

16

19

Mini Confetti Pancakes  
\*\*\*\*\*

4x6 Cheese or Pepperoni Pizza  
Sweet Corn  
Fruit Salad Mix Up  
Choice of Cold Milk

20

Breakfast Pizza  
\*\*\*\*\*

Three Cheese Cavatappi  
w/ Warm Breadstick  
Steamed Broccoli  
Icy Blueberries  
Choice of Cold Milk

21

Egg and Cheese Biscuit  
\*\*\*\*\*

Breaded Mozzarella Sticks  
w/ Marinara Sauce  
Italian Seasoned Green Beans  
Vine-Ripened Grapes  
Choice of Cold Milk

22

Warm Cinnamon Roll  
\*\*\*\*\*

**National Eat a Peach Day!**  
Hamburger or  
Cheeseburger on Bun  
Bush's Baked Beans  
Fresh Peaches  
Choice of Cold Milk


23

**National Waffle Day (8/24)!**  
Chocolate Chip Waffle Snaps  
\*\*\*\*\*

Chicken & Waffles  
Sweet Potato Fries  
Frosty Strawberry Cup  
Choice of Cold Milk

26

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

Golden Corn Dog  
Potato Smiles  
Cherry Red Applesauce   
Choice of Cold Milk

27

Cinnamon Glazed French  
Toast Sticks  
\*\*\*\*\*

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


28

Scrambled Eggs  
w/ Warm Biscuit  
\*\*\*\*\*

Spaghetti & Meat Sauce  
w/ Warm Breadstick  
Sweet Peas  
Fresh Watermelon Slices  
Choice of Cold Milk

29

Pancake & Sausage Bites  
\*\*\*\*\*

Southern Style BBQ Pulled  
Pork on Bun   
Bush's Baked Beans  
Frosty Peach Cup  
Choice of Cold Milk

30

Trix Muffin w/ Yogurt  
\*\*\*\*\*

**Sack Lunch Day!**  
Crispy Chicken Sandwich  
Wild White Nacho Doritos  
Baby Carrots w/ Ranch Dip  
Fresh Apple Slices  
Choice of Cold Milk