

# October 2024

# Rockwood Elementary Menu



## MEAL PRICES

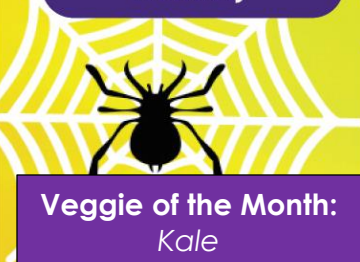
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**Veggie of the Month:**  
Kale

Eggoji Waffle w/Sausage Patty  **1**  
\*\*\*\*\*  
Mandarin Orange Chicken w/ Fluffy Rice  
Steamed Broccoli  
Frosty Strawberries  
Fortune Cookie  
Choice of Cold Milk

Egg & Cheese Bagelicious **2**  
\*\*\*\*\*  
**National Kale Day!**  
Nardone's 4x6 Cheese or Pepperoni Pizza  
Buttered Carrots  
*\*Cranberry Apple Kale Salad\**  
Vine-Ripened Grapes  
Choice of Cold Milk

Mixed Berry Smoothie w/ Graham Crackers **3**  
\*\*\*\*\*  
Hot Dog on Bun  
Oven Crinkle Fries  
Peachy Keen Peaches  
Choice of Cold Milk

**National Cinnamon Bun Day!** **4**  
\*\*\*\*\*  
Warm Cinnamon Roll  
\*\*\*\*\*  
**National Taco Day!**  
Soft Shell Taco  
Southwestern Refried Beans  
Icy Blueberries  
Choice of Cold Milk

**NO SCHOOL** **7**  
**October 14-18**  
School Lunch Pirates:  
Find Your Treasure

Dutch Waffle **8**  
\*\*\*\*\*  
Toasted Cheese Ravioli w/ Marinara Sauce  
Parmesan Roasted Broccoli  
Tropical Mixed Fruit  
Choice of Cold Milk

Egg & Cheese Biscuit **9**  
\*\*\*\*\*  
Restaurant Pizza  
Buttery Mixed Vegetables  
*\*Italian Kale Salad\**  
Frosty Mixed Berries  
Choice of Cold Milk

Breakfast Pizza **10**  
\*\*\*\*\*  
**Breakfast for Lunch!**  
Cinnamon Glazed French Toast Sticks w/ Sausage Links   
Sweet Potato Fries  
Cinnamon Apple Slices  
Choice of Cold Milk

**World Egg Day!** **11**  
\*\*\*\*\*  
Egg Pop w/ Cheez-its  
\*\*\*\*\*  
Hamburger or Cheeseburger on Bun  
Sweet Corn  
Orange Wedges  
Choice of Cold Milk

Pancake w/ Sausage Patty **14**  
\*\*\*\*\*   
**National Dessert Day!**  
Breaded Mozzarella Sticks w/ Marinara Sauce  
Seasoned Green Beans  
Diced Pears  
Frosted Sugar Cookie  
Choice of Cold Milk

Scrambled Eggs w/ Warm Biscuit **15**  
\*\*\*\*\*  
 **Blues Home Opener!**  
Popcorn Chicken Smackers w/ Warm Breadstick  
Bush's Baked Beans  
BLUES Raspberry Applesauce Cup  
Choice of Cold Milk

Banana Split Yogurt Parfait w/ Graham Crackers **16**  
\*\*\*\*\*  
Create Your Own Pizza  
Buttered Carrots  
Banarama   
Choice of Cold Milk

Breakfast Nachos **17**  
\*\*\*\*\*  
**National Pasta Day!**  
Chicken Alfredo Pasta w/ Warm Breadstick  
Steamed Broccoli  
Fresh Apple Slices  
Choice of Cold Milk

Glazed Donut Holes w/ Yogurt **18**  
\*\*\*\*\*  
**Fish & Chips**  
Potato Crusted Fish Wedge w/ Hushpuppies  
Oven Crinkle Fries  
Frosty Peach Cup  
Choice of Cold Milk

Cinnamon Glazed French Toast Sticks **21**  
\*\*\*\*\*  
**International Nacho Day!**  
Nachos Supreme w/ Queso  
Fiesta Black Beans  
Fruit Salad Mix Up  
Choice of Cold Milk

Egg & Cheese Biscuit **22**  
\*\*\*\*\*  
Golden Corn Dog  
Sweet Corn  
Icy Blueberries  
Choice of Cold Milk  
*Try It Tuesday!* Kale Chips


Cinnamon Swirl Breakfast Cake w/ Yogurt **23**  
\*\*\*\*\*  
Southern Style BBQ Pulled Pork Sandwich   
Glazed Carrots  
Fresh Local Apple  
Choice of Cold Milk

Pancake & Sausage Bites **24**  
\*\*\*\*\*  
Mini Cheese Pizza Bagels  
Parmesan Roasted Broccoli  
Vine-Ripened Grapes  
Choice of Cold Milk

Toasted Bagel w/ Cream Cheese **25**  
\*\*\*\*\*  
**National Breadstick Day!**  
Breaded Chicken Drumstick or Thigh w/ Warm Breadstick  
Mashed Potatoes w/ Gravy  
Chilled Pineapple Chunks  
Choice of Cold Milk

**National Chocolate Day!** **28**  
Double Chocolate Muffin w/ Yogurt  
\*\*\*\*\*  
Crispy Chicken Sandwich  
Bush's Baked Beans  
Cinnamon Pears  
Chocolate Pudding  
Choice of Cold Milk

**National Oatmeal Day!** **29**  
Apple Cinnamon Oatmeal  
\*\*\*\*\*  
Spaghetti & Meat Sauce w/ Warm Breadstick  
Italian Seasoned Green Beans  
Peachy Keen Peaches  
Choice of Cold Milk

**National Pumpkin Bread Day!** **30**  
Super Slice Pumpkin Bread  
\*\*\*\*\*  
**Breakfast for Lunch!**  
Pancakes w/ Sausage Links   
Sweet Potato Fries  
Fresh Cantaloupe Slices  
Choice of Cold Milk

Egg & Cheese Bagelicious **31**  
\*\*\*\*\*  
**National Caramel Apple Day!**  
Soft Pretzel w/ Cheddar Cheese Sauce  
Steamed Broccoli  
Caramel Apple Dippers  
Choice of Cold Milk

**Did you know?**  
October 14-18<sup>th</sup> is National School Lunch Week!  
Research shows children are getting their healthiest meals at school.

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 \$79.20 for school lunches in October.

**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 & Vanilla Dino Bites  
**Wednesday**—Muffin Variety & Goldfish Pretzels  
**Thursday**—Scooby Grahams & Rockin'ola Corn Crunchers  
**Friday**—Mini Confetti Pancakes

Served with choice of Cheese Cubes or Sticks, Yogurt, Sunflower Seeds, Chocolate Chickpea Spread, 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.

*Rockwood is not peanut free.*

 Indicates a pork product.

**MENU IS SUBJECT TO CHANGE**

This institution is an equal opportunity provider.