



Rockwood High School Menu

November 2024

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie of the Month: ★ Cauliflower		JOIN OUR TEAM! 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.		1 Gochujang Chicken & Vegetable Dumplings White Garlic Cheese Pizza w/ Marinara Sauce Gochujang Roasted Carrots
4 Mozzarella Sticks w/ Marinara Sauce Nardone Buffalo Chicken Pizza Parmesan Roasted Broccoli	5 NO SCHOOL	6 Crispy Chicken Chunks w/ Warm Breadstick Alpha Deep Dish Cheese or Pepperoni Pizza Seasoned Crinkle Fries	7 Restaurant Pizza Shredded Beef Burrito or Bean & Cheese Burrito Potato Smiles	8 Bone-In Chicken Wings w/ Choice of Sauce Garlic Knot Philly Cheese Steak Sandwich Bush's Baked Beans
11 Bosco Sticks w/ Marinara Sauce Big Daddy's Pizza ★ Buffalo Roasted Cauliflower	12 Mandarin Orange Chicken over Rice Alpha Cheese, Pepperoni or Mega Meat Pizza Steamed Broccoli	13 Crispy Chicken Strips w/ Warm Breadstick Alpha Deep Dish Cheese or Pepperoni Pizza Mashed Potatoes w/ Gravy	14 Restaurant Pizza Bean & Cheese Dip w/ Tortilla Chips and Salsa Cup Potato Smiles	15 Breaded Chicken Drumstick or Thigh w/ Warm Biscuit Golden Corn Dog Bush's Baked Beans
18 Toasted Cheese Ravioli w/ Marinara Sauce Nardone Buffalo Chicken Pizza Sweet Potato Fries	19 BBQ Pulled Pork Cheese Cavatappi w/ Warm Breadstick Alpha Cheese, Pepperoni or Mega Meat Pizza Steamed Broccoli	20 Crispy Chicken Chunks w/ Warm Breadstick Alpha Deep Dish Cheese or Pepperoni Pizza Seasoned Crinkle Fries	21 Restaurant Pizza Grilled Chicken Sandwich - Buffalo or Plain Latin Baked Black Beans	22 Sliced Turkey & Gravy w/ Warm Dinner Roll Stuffed Crust Cheese or Pepperoni Pizza Mashed Potatoes w/ Gravy
25 Fish and Chips w/ Hushpuppies Big Daddy's Pizza Seasoned Crinkle Fries	26 Wild Mike's Cheese Bites w/ Marinara Sauce Alpha Cheese, Pepperoni or Mega Meat Pizza Parmesan Roasted Broccoli	27 NO SCHOOL	28 NO SCHOOL 	29 NO SCHOOL

Main Entrees Served Daily

- Hamburger (100% beef)
- Cheeseburger (100% beef)
- Spicy Chicken Sandwich (M,W,F)
- Crispy Chicken Sandwich (T, Th)
- Spicy Black Bean Burger
- Grilled Cheese Pretzel Roll
- PBJ Uncrustable
- Daily Special Entrée Salad
- Nacho Snack Pack

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

Rockwood High School Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Cinnamon Snack 'N Waffle 🌱	Sausage, Egg and Cheese Breakfast Bowl	Fruit and Yogurt Smoothie w/ Granola 🌱	French Toast Sticks w/ Sausage Links 🍖	Long John Donut w/ Yogurt 🌱
Week 2	Breakfast Bagel 🍖	Cinnamon Swirl Breakfast Cake w/ Yogurt 🌱	Warm Cinnamon Oatmeal w/ Toppings 🌱	Biscuit w/ Sausage Gravy 🍖	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

MILK GRAINS
JUICE FRUIT

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
Glazed or Chocolate Donut
Blueberry Donut Holes (Limited Time Offer!)
Chocolate Swirl Roll
Trix or Cinn Toast Crunch Muffin
Pumpkin Bread Slice
Pop Tart, 2 pack
Uncrustable PBJ
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
Cereal Bar- Cocoa Puffs or Cinnamon Toast Crunch
Muffin Variety
Nature Valley Crisps
Nutrigrain 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!