

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



## November 2024

**PAY FOR MEALS ONLINE**  
[MySchoolBucks.com](https://MySchoolBucks.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Veggie of the Month</b> ★ <i>Cauliflower</i>		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! <b>Apply online at <a href="https://rsdmo.org">rsdmo.org</a> or call 636-733-3253.</b>		1 Alpha Deep Dish Cheese or Pepperoni Pizza 🍷 Buttered Carrots
4 Breaded Mozzarella Sticks w/ Marinara Sauce 🍷 Parmesan Roasted Broccoli	5 NO SCHOOL	6 <b>Breakfast for Lunch!</b> Cinnamon Glazed French Toast Sticks w/ Sausage Links 🍷 Sweet Potato Fries	7 Big Daddy's Cheese or Pepperoni Pizza 🍷 Sweet Corn	8 Boneless Chicken Chunks w/ Warm Breadstick Potato Smiles
11 Toasted Cheese Ravioli w/ Marinara Sauce 🍷 Italian Seasoned Green Beans	12 Restaurant Pizza 🍷🍷 ★ Buffalo Roasted Cauliflower	13 Nachos Supreme w/ Queso and Salsa Southwestern Refried Beans	14 Chicken Drumstick or Thigh w/ Warm Biscuit Cheesy Hashbrown Casserole	15 Meatball Marinara Sub Sandwich Parmesan Roasted Broccoli
18 Crispy Chicken Sandwich Spicy Chicken Sandwich Seasoned Crinkle Fries	19 Restaurant Pizza 🍷🍷 Sweet Peas	20 Golden Corn Dog Bush's Baked Beans	21 Pulled Turkey & Gravy w/ Warm Dinner Roll Mashed Potatoes w/ Gravy Pumpkin Dessert	22 Bosco Sticks 🍷 w/ Marinara Sauce Italian Roasted Baby Carrots
25 Wild Mike's Cheese Bites w/ Marinara Sauce 🍷 Italian Seasoned Green Beans	26 Restaurant Pizza 🍷🍷 Sweet Corn	27 NO SCHOOL	28 NO SCHOOL 	29 NO SCHOOL

### 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
<b>Week 1</b>	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 🌱
<b>Week 2</b>	Breakfast Bagel 🍖	Cinnamon Swirl Breakfast Cake w/ Yogurt 🌱	Warm Cinnamon Oatmeal w/ Toppings 🌱	Biscuit w/ Sausage Gravy 🍖	Warm Cinnamon Roll 🌱
<b>Breakfast Sandwich Options</b>	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
- Blueberry Donut Holes (Limited Time Offer!)
- Glazed or Chocolate Donut
- Chocolate Swirl Roll
- Pumpkin Bread Slice
- Trix or Cinn. Toast Crunch Muffin
- 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
- 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!