

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



December 2024

PAY FOR MEALS ONLINE
MySchoolBucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breaded Mozzarella Sticks w/ Marinara Sauce 🌱 Italian Sesaoned Green Beans	3 Restaurant Pizza 🌱🐷 Sweet Corn	4 Breakfast for Lunch! Chicken & Waffles Sweet Potato Fries	5 Chicken Tikka Masala over Rice w/ Warm Flatbread Steamed Broccoli	6 Fish & Chips Potato Crusted Fish Wedge w/ Hushpuppies Seasoned Crinkle Fries Bush's Baked Beans
9 Toasted Cheese Ravioli w/ Marinara Sauce 🌱 Parmesan Roasted Broccoli	10 Restaurant Pizza 🌱🐷 Chili Cinnamon Roasted Sweet Potatoes ★	11 Pulled Pork Nachos w/ Toppings 🐷 Southern Style BBQ Pulled Pork Sandwich 🐷 Fiesta Black Beans	12 Chicken Drumstick or Thigh w/ Warm Biscuit Mashed Potatoes w/ Gravy	13 Stuffed Crust Cheese 🌱 or Pepperoni Pizza Smoked Kielbasa on Bun w/Peppers & Onions Sweet Corn
16 Crispy Chicken Sandwich Spicy Chicken Sandwich Seasoned Crinkle Fries	17 Restaurant Pizza 🌱🐷 Sweet Peas	18 Bosco Sticks 🌱 w/ Marinara Sauce Buttery Mixed Vegetables	19 Early Dismissal Hamburger or Cheeseburger on Bun Grilled Cheese Sunbutter & Jelly Snack Packs Fresh Veggie Variety	Veggie of the Month ★ Sweet Potatoes
23	24	25	26	27
30				

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	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
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?

Students who eat breakfast at school, closer to class and test-taking time, perform better on standardized tests than those who skip breakfast or eat breakfast at home.