

January 2025

Rockwood Elementary Menu

Monday

Tuesday

Wednesday

Thursday

Friday


Did you know?

Jicama is pronounced "HEE-KAH-MAH." It tastes like a cross between a potato and a pear.


NO SCHOOL


Veggie of the Month:
Jicama

Breakfast Pizza

National Bean Day!
Southern Style BBQ Pulled
Pork on Bun 
BBQ Baked Beans
Frosty Strawberry Cup
Choice of Cold Milk

Egg & Cheese Biscuit

Breakfast for Lunch!
Cinnamon Glazed French
Toast Sticks w/ Sausage Links 
Sweet Potato Fries
Cinnamon Diced Pears
Choice of Cold Milk

Pancake w/ Sausage Patty 

Mandarin Orange Chicken
w/ Fluffy Rice
Steamed Broccoli
Fresh Pineapple Slices
Fortune Cookie
Choice of Cold Milk

Egg Pop w/ Graham Crackers

National Apricot Day!
Wild Mike's Cheese Pocket
w/ Marinara Sauce
Italian Seasoned Green Beans
Chilled Apricots
Choice of Cold Milk

Warm Cinnamon Oatmeal
w/ Toppings

Hamburger or Cheeseburger
on Bun
Oven Crinkle Fries
Icy Blueberries
Choice of Cold Milk

Glazed Donut Holes
w/ Yogurt

Nachos Supreme w/ Queso
Mexicali Corn
Orange Wedges
Choice of Cold Milk

Cinnamon Glazed French
Toast Sticks

Mini Corn Dogs
Potato Smiles
Frosty Mixed Berries
Choice of Cold Milk

Dutch Waffle

Three Cheese Cavatappi
w/ Warm Breadstick
Sweet Peas
Tropical Mixed Fruit
Choice of Cold Milk

National Bagel Day!
Egg and Cheese Bagelicious

Restaurant Pizza
Italian Roasted Baby Carrots
Fresh Apple Slices
Choice of Cold Milk

Banana Split Yogurt Parfait
w/ Graham Crackers

Soft Shell Taco
Southwestern Refried Beans
Cinnamon Diced Pears
Choice of Cold Milk

Warm Cinnamon Roll

Soft Pretzel w/ Cheddar
Cheese Sauce
Steamed Broccoli
Bananarama
Choice of Cold Milk

NO SCHOOL

Pillsbury Mini Cinnis

Mini Cheese Pizza Bagels
Buttery Mixed Vegetables
Icy Blueberries
Choice of Cold Milk
Try It Tuesday!
Fresh Jicama Sticks

Cocoa Super Slice Bread

National Hot Sauce Day!
Popcorn Chicken Smackers
w/ Warm Breadstick
Cheesy Hashbrown Casserole
Fruit Salad Mix Up
Choice of Cold Milk

Scrambled Eggs
w/ Warm Biscuit

Spaghetti & Meat Sauce
w/ Warm Dinner Roll
Parmesan Roasted Broccoli
Diced Pears
Choice of Cold Milk

Breakfast Nachos

Hot Dog on Bun
Bush's Baked Beans
Vine-Ripened Grapes
Choice of Cold Milk

Trix Muffin w/ Yogurt

Breaded Mozzarella Sticks
w/ Marinara Sauce
Steamed Broccoli
Chilled Pineapple
Choice of Cold Milk

Mixed Berry Smoothie
w/ Graham Crackers

Chicken and Noodles
w/ Warm Breadstick
Seasoned Green Beans
Frosty Strawberry Cup
Choice of Cold Milk


Egg & Cheese Biscuit

National Corn Chip Day!
Sack Lunch Day
Grilled Cheese Sandwich
Fritos
Fresh Jicama Sticks
Applesauce Cup
Choice of Cold Milk

Cinnamon Swirl Breakfast
Cake w/ Yogurt

Crispy Chicken Sandwich
Bush's Baked Beans
Orange Wedges
Choice of Cold Milk

National Hot Chocolate Day!
Warm Cinnamon Oatmeal
& Hot Chocolate

Breakfast for Lunch!
Pancakes w/ Sausage Links 
Sweet Potato Fries
Bananarama
Choice of Cold Milk

MEAL PRICES

Milk	\$0.75
Student Breakfast	\$2.10
Student Lunch	\$3.60
Adult Breakfast	\$2.50

Prepay your child's meal account online using www.myschoolbucks.com

Helpful hint: Deposit \$75.60 for school lunches in January.

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—Pillsbury Mini Cream Cheese Bagels

Tuesday— Cereal & Vanilla Sport Bites

Wednesday— Muffin Variety & Goldfish Pretzels

Thursday—Betty Crocker Chocolate Chip Oatmeal Bar & Cheez-Its


Friday- Cosmic Confetti Snack 'N Waffle

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.