

**Meal Prices**

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

# Rockwood High School Menu



## February 2025

**MY SCHOOL BUCKS** PAY FOR MEALS ONLINE  
MySchoolBucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Toasted Cheese Ravioli w/ Marinara Sauce 🌱  Philly Steak & Cheese Sub w/ Peppers & Onions ★  Parmesan Roasted Broccoli	<b>4</b> BBQ Pulled Pork Three Cheese Cavatappi w/ Warm Breadstick  Stuffed Crust Cheese or Pepperoni Pizza  Bush's Baked Beans	<b>5</b> Popcorn Chicken Smackers w/ Warm Breadstick  Alpha Cheese, 🌱 Pepperoni or Mega Meat Pizza 🐷  Waffle Fries	<b>6</b> Restaurant Pizza 🌱🐷  Hot Ham & Cheese Croissant  Seasoned Potato Wedges	<b>7</b> <p style="text-align: center;"><b>NO SCHOOL</b></p> <p style="text-align: center;"><b>Veggie of the Month:</b> ★ <i>Bell Peppers</i></p>
<b>10</b> Mozzarella Sticks 🌱 w/ Marinara Sauce  Mini Corn Dogs 🌱  Sweet Potato Fries	<b>11</b> Nachos Supreme w/ Queso  Big Daddy's Pizza 🌱  Fiesta Black Beans	<b>12</b> Crispy Chicken Strips w/ Warm Breadstick  Alpha Deep Dish Cheese or Pepperoni Pizza 🐷  Waffle Fries	<b>13</b> Restaurant Pizza 🌱🐷  Grilled Chicken Sandwich – Plain or Buffalo  Seasoned Potato Wedges	<b>14</b> <p style="text-align: center;">I ❤️ 🍊 🥦 DAY</p> Mandarin Orange Chicken over Rice  Shredded Beef Burrito or Bean & Cheese Burrito 🌱  Steamed Broccoli
<b>17</b> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<b>18</b> Cajun Chicken Alfredo w/ Warm Breadstick  Stuffed Crust Cheese or Pepperoni Pizza  Steamed Broccoli	<b>19</b> Bone-In Chicken Wings w/ Choice of Sauce Garlic Knot  Alpha Cheese, 🌱 Pepperoni or Mega Meat Pizza 🐷  Waffle Fries	<b>20</b> Restaurant Pizza 🌱🐷  Bean & Cheese Dip w/ Tortilla Chips and Salsa Cup  Seasoned Potato Wedges	<b>21</b> Gochujang Chicken and Vegetable Dumplings  Albie's Pepperoni Calzone  Roasted Broccoli & Peppers ★
<b>24</b> Bosco Sticks 🌱 w/ Marinara Sauce  Fish Sandwich  Parmesan Roasted Broccoli	<b>25</b> Spaghetti & Meat Sauce w/ Warm Breadstick  Big Daddy's Pizza  Italian Seasoned Green Beans	<b>26</b> Crispy Chicken Strips w/ Warm Biscuit  Alpha Deep Dish Cheese 🌱 or Pepperoni Pizza 🐷  Mashed Potatoes w/ Gravy	<b>27</b> Restaurant Pizza 🌱🐷  Grilled Chicken Sandwich – Plain or Buffalo  Seasoned Potato Wedges	<b>28</b> Chicken Drumstick or Thigh w/ Warm Biscuit  Smoked Kielbasa on Bun ★ w/ Peppers & Onions  Bush's Baked Beans

**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
<b>Week 1</b>	Dutch Waffle 🌱	Breakfast Empanada	Confetti Snack N' Waffle 🌱	Pillsbury Mini Cinnis 🌱	Long John Donut w/ Yogurt 🌱
<b>Week 2</b>	Breakfast Pizza	Eggo Froot Loops Waffles 🌱	Fruit and Yogurt Smoothie w/ Granola 🌱	Turkey Sausage & Cheddar Egg Bites	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
- Oatmeal Chocolate Chip UBR
- Sky Blue Breakfast Bar
- Mini Chocolate or Powdered Sugar Donuts
- Hadley Farms Cinnamon Roll
- Chocolate Super Slice Bread
- Dave's Crumb Cake
- Trix Muffin
- Uncrustable PBJ, Small
- 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
- Cereal Bar- Cocoa Puffs or Cinnamon Toast Crunch
- Muffin Variety
- Nature Valley Crisps
- Nutrigrain Bar
- Graham Cracker Variety
- Cheez-Its

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**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.