#### **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



ſ	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Toasted Cheese Ravioli w/ Marinara Sauce Philly Steak & Cheese Sub w/ Peppers &	4 BBQ Pulled Pork Three Cheese Cavatappi w/ Warm Breadstick Stuffed Crust Cheese or	Popcorn Chicken Smackers w/ Warm Breadstick Alpha Cheese,	6 Restaurant Pizza  Hot Ham & Cheese Croissant	7 NO SCHOOL
	Onions Perpers & Onions Permesan Roasted Broccoli	Pepperoni Pizza  Bush's Baked Beans	Pepperoni or Mega Meat Pizza Waffle Fries	Seasoned Potato Wedges	Veggie of the Month:  ★ Bell Peppers
	Mozzarella Sticks w/ Marinara Sauce Mini Corn Dogs Sweet Potato Fries	Nachos Supreme w/ Queso Big Daddy's Pizza Fiesta Black Beans	Crispy Chicken Strips w/ Warm Breadstick  Alpha Deep Dish Cheese or Pepperoni Pizza  Waffle Fries	Restaurant Pizza  Grilled Chicken Sandwich  – Plain or Buffalo  Seasoned Potato Wedges	I PATE DAY  Mandarin Orange Chicken over Rice  Shredded Beef Burrito or Bean & Cheese Burrito  Steamed Broccoli
	NO SCHOOL	18 Cajun Chicken Alfredo w/ Warm Breadstick  Stuffed Crust Cheese or Pepperoni Pizza  Steamed Broccoli	Bone-In Chicken Wings w/ Choice of Sauce Garlic Knot  Alpha Cheese, Pepperoni or Mega Meat Pizza Waffle Fries	Restaurant Pizza  Bean & Cheese Dip  w/ Tortilla Chips and Salsa  Cup  Seasoned Potato Wedges	Q I Gochujang Chicken and Vegetable Dumplings  Albie's Pepperoni Calzone  Roasted Broccoli & Peppers
	Bosco Sticks w/ Marinara Sauce Fish Sandwich Parmesan Roasted Broccoli	Spaghetti & Meat Sauce w/ Warm Breadstick Big Daddy's Pizza Italian Seasoned Green Beans	26 Crispy Chicken Strips w/ Warm Biscuit  Alpha Deep Dish Cheese or Pepperoni Pizza  Mashed Potatoes w/ Gravy	27 Restaurant Pizza Grilled Chicken Sandwich Plain or Buffalo Seasoned Potato Wedges	28 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 yearn.

Indicates a pork product.

Rockwood School District is NOT peanut free.

This institution is an equa 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,

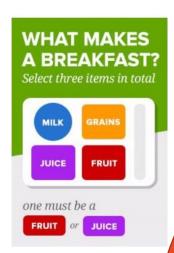
including but not limited to baby carrots, sliced cucumbers, and cherry tomatoes.

#### 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 I	Dutch Waffle 🧇	Breakfast Empanada	Confetti Snack N' Waffle 👄	Pillsbury Mini Cinnis	Long John Donut w/ Yogurt 🍛
Week 2	Breakfast Pizza	Eggo Froot Loops Waffles 🍛	Fruit and Yogurt Smoothie w/ Granola	Turkey Sausage & Cheddar Egg Bites	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.

### **Daily Breakfast Options**

### PICK I

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, I 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?

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.