

Student Breakfast
 Student Lunch \$3.85
 Adult Breakfast \$2.50
 Adult Lunch \$4.45
 Milk \$0.75

Rockwood Middle School Menu



February 2025

MY SCHOOL BUCKS

PAY FOR MEALS ONLINE
 MySchoolBucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Wild Mike's Cheese Bites w/ Marinara Sauce Italian Seasoned Green Beans	4 Restaurant Pizza Sweet Corn	5 Crispy Chicken Strips w/ Warm Breadstick Waffle Fries	6 Stuffed Crust Cheese or Pepperoni Pizza Parmesan Roasted Broccoli	7 NO SCHOOL Veggie of the Month: ★ Bell Peppers
10 Breaded Mozzarella Sticks w/ Marinara Sauce Italian Sweet Peas	11 Restaurant Pizza Buttered Carrots	12 Pulled Pork Nachos w/ Toppings Southern Style BBQ Pulled Pork Sandwich Texas Ranchero Pinto Beans	13 Mini Corn Dogs Seasoned Potato Wedges	14 I ❤️ 🍊 🐔 DAY Mandarin Orange Chicken with Rice Steamed Broccoli Fortune Cookie
17 NO SCHOOL	18 Restaurant Pizza Italian Seasoned Green Beans	19 Breakfast for Lunch! Cinnamon Glazed French Sticks w/ Sausage Links Sweet Potato Fries	20 Chicken Drumstick or Thigh w/ Warm Biscuit Mashed Potatoes w/ Gravy	21 Alpha Deep Dish Cheese or Pepperoni Pizza Beef & Bean Chili w/ Soft Pretzel Sweet Corn
24 Crispy Chicken Sandwich Spicy Chicken Sandwich Seasoned Potato Wedges	25 Restaurant Pizza Buttery Mixed Vegetables	26 Buffalo Chicken Three Cheese Cavatappi w/ Warm Breadstick Steamed Broccoli	27 Chicken Fajita w/ Peppers & Onions Southwestern Refried Beans	28 Bosco Sticks w/ Marinara Sauce Sweet Peas

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	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 & Yogurt Parfait 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. 🌱

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
- Mini Chocolate or Powdered Sugar Donuts
- Hadley Farms Cinnamon Roll
- Chocolate Bread Slice
- Dave's Crumb Cake
- Trix 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.