

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



May 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie of the Month: ★ Sugar Snap Peas			1 Restaurant Pizza Shredded Beef Burrito or Bean & Cheese Burrito w/ Salsa Cup Crispy Straight Cut Fries	2 Gochujang Chicken and Vegetable Dumplings Albie's Pepperoni Calzone Gochujang Carrots and ★ Sugar Snap Peas
5 Mozzarella Sticks w/ Marinara Sauce Southern Style BBQ Pulled Pork on Bun Sweet Potato Fries	6 Spaghetti & Meat Sauce w/ Warm Breadstick Big Daddy's Pizza Parmesan Roasted Broccoli	7 Crispy Chicken Strips w/ Warm Biscuit Alpha Deep Dish Cheese or Pepperoni Pizza Tater Tots	8 Restaurant Pizza Hot Ham and Cheese Croissant Crispy Straight Cut Fries	9 Bone-In Chicken Wings w/ Choice of Sauce Garlic Knot Fish Fillet & Cheese Sandwich Bush's Baked Beans
12 Toasted Cheese Ravioli w/ Marinara Sauce Meatball Marinara Sub Tater Tots	13 Nachos Supreme w/ Queso Mini Corn Dogs Fiesta Black Beans	14 Crispy Chicken Strips or Bites w/ Warm Breadstick Alpha Cheese, Mega Meat or Pepperoni Pizza Mashed Potatoes w/ Gravy	15 Restaurant Pizza Bean & Cheese Dip w/ Tortilla Chips and Salsa Cup Crispy Straight Cut Fries	16 Chicken Tikka Masala Rice Bowl w/ Flatbread Buffalo Chicken Pizza Steamed Broccoli
19 Bosco Sticks w/ Marinara Sauce Golden Corn Dog Italian Seasoned Green Beans	20 Mandarin Orange Chicken Rice Bowl Alpha Cheese, Mega Meat or Pepperoni Pizza Steamed Broccoli	21 Popcorn Chicken Smackers w/ Warm Breadstick Manager's Choice Potato Mix Up	22 Manager's Choice Pizza Manager's Choice Veggie of the Day	23 Early Dismissal Grab N Go Lunch
26	27	28	29	30

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 Middle & High School Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Sweet Cinnamon Snack N Waffle 🌱	Breakfast Empanada w/ Salsa	Fruit and Yogurt 🌱 Smoothie w/ Granola	Turkey Sausage & Cheddar Egg Bite w/ Tater Tots	Long John Donut w/ Yogurt 🌱
Week 2	Breakfast Bagel 🥯	French Toast Sticks w/ Sausage Links 🥯	Breakfast Burrito w/ Salsa	Eggo Froot Loops Waffles 🌱	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 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
Chocolate Swirl Roll
Hadley Farms Cinnamon Roll
Chocolate Super Slice Bread
Dave's Crumb Cake
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

PROTEIN

Cheese Stick or Cheese Cubes
4 oz Yogurt
Sunflower Seeds

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.