

August 2025

Rockwood Elementary Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Every school lunch includes 5 components: fruits, vegetables, protein, grains and milk. Students must choose at least 3 components- or choose all 5!- to make a meal, with one being a ½ cup fruit or veggie.

🍎 Follow us on **ParentSquare** for monthly menus, updates, and our school nutrition newsletter!

Join Our Team and Make a Difference!

Be part of a mission that supports students every day.

- ☑ No nights, weekends, or holidays
- ☑ Family-friendly schedule—work while your kids are in school
- ☑ Help nourish and support growing minds

Apply online at rsdmo.org or call 636-733-3253 for more info.

MEAL PRICES

Milk	\$0.85
Student Breakfast	\$2.10
Student Lunch	\$3.60
Adult Breakfast	\$2.50
Adult Lunch	\$4.45

Prepay your child's meal account online using

www.myschoolbucks.com

Helpful hint: Deposit \$36.00 for school lunches in August.

Breakfast includes the menued item; Or 4 oz Yogurt & Graham Cracker; Or Choice of Cereal & Graham Cracker. Each breakfast is served with fruit/veggie 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**—Soft Pretzel
- Tuesday**—Cereal & Mixed Berry Animal Crackers
- Wednesday**—Whole Grain Muffin & Goldfish Pretzels
- Thursday**—Bug Bites and Cheez-Its
- Friday**—Mini Confetti Pancakes

Served with choice of Cheese Stick, Yogurt, Sunflower Seeds, Hummus Cup, Chocolate Chickpea Spread, or Hard Boiled Egg. Cheese sauce cup offered on Mondays w/ Soft Pretzel.

Daily fruit choices may include: Fresh, frozen, dried, canned (in juice or light syrup) or 100% juice.

Daily milk choices include:

Prairie Farms Skim and 1% White, 1% Chocolate, 1% Strawberry

Fresh vegetables variety offered daily.

Rockwood is not peanut free.

🐷 Indicates a pork product.

MENU IS SUBJECT TO CHANGE

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Sweet Cinnamon
Snack 'N Waffle

Cheese or Pepperoni 4x6 Pizza
Italian Seasoned Green Beans
Frosty Strawberry Cup
Choice of Cold Milk

National Potato Day!
Scrambled Eggs w/ Warm
Biscuit & Tater Tots

Crispy Chicken Sandwich
Potato Smiles
Chilled Diced Apricots
Choice of Cold Milk

Breakfast Pizza

Wild Mike's Cheese Pocket
w/ Marinara Sauce
Parmesan Roasted Broccoli
Icy Blueberries
Choice of Cold Milk

Blueberry Smoothie
w/ Graham Crackers

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

Glazed Donut Holes
w/ Yogurt

Hamburger or Cheeseburger
Bush's Baked Beans
Fresh Watermelon Slices
Choice of Cold Milk

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Eggo Froot Loop Waffles

Mini Corn Dogs
Sweet Corn
Frosty Mixed Berries
Choice of Cold Milk

Egg & Cheese Biscuit

National Cherry Popsicle Day!
Spaghetti & Meatballs
w/ Garlic Toast
Steamed Broccoli
Cherry Orange Pineapple Icy
Choice of Cold Milk

Peaches & Cream Yogurt
Parfait w/ Graham Crackers

National Peach Day!
Southern Style BBQ Pulled Pork
Sandwich 🐷
Bush's Baked Beans
Fresh Peaches
Choice of Cold Milk

Fluffy Pancake
w/ Sausage Patty

Popcorn Chicken Smackers
w/ Warm Breadstick
Mashed Potatoes w/ Gravy
Tropical Mixed Fruit
Choice of Cold Milk

Warm Cinnamon Roll

Sack Lunch Day!
Grilled Cheese Sandwich
Wild White Nacho Doritos
Baby Carrots
Sour Berries Dried Fruit
Choice of Cold Milk

This institution is an equal opportunity provider.