

# September 2025

## Rockwood Elementary Menu

### 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](http://www.myschoolbucks.com)

**Helpful hint:** Deposit \$75.60 for school lunches in September.

**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

**Variety of fresh vegetables offered daily.**

**Rockwood is not peanut free.**

 Indicates a pork product.

**MENU IS SUBJECT TO CHANGE**

### Monday

**NO SCHOOL**

### Tuesday

French Toast Sticks \*\*\*\*\*

Hot Dog on Bun  
Bush's Baked Beans  
Fruit Salad Mix Up  
Choice of Cold Milk  
**\*Try It Tuesday!\***  
Roasted Zucchini

### Wednesday

Egg & Cheese Breakfast Nachos \*\*\*\*\*

**Breakfast for Lunch!**  
Fluffy Pancakes w/ Sausage Links   
Sweet Potato Fries  
Frosty Strawberry Cup  
Choice of Cold Milk

### Thursday

Plain or Blueberry Bagel w/ Cream Cheese \*\*\*\*\*

Mandarin Orange Chicken w/ Fluffy Rice  
Steamed Broccoli  
Chilled Pineapple Chunks  
Fortune Cookie

### Friday


Dutch Waffle \*\*\*\*\*

**National Cheese Pizza Day!**  
Wild Mike's Cheese Pizza  
\*Parmesan Roasted Zucchini\*  
Fresh Watermelon Slices  
Choice of Cold Milk

Chocolate Chip Ultimate Breakfast Round (UBR) \*\*\*\*\*

Breaded Mozzarella Sticks w/ Marinara Sauce  
Italian Sweet Peas  
Icy Blueberries  
Choice of Cold Milk

Egg & Cheese on Biscuit \*\*\*\*\*

**Ants on a Log Day!**  
Three Cheese Cavatappi w/ Warm Breadstick  
Steamed Broccoli  
Frosty Mixed Berries  
*Ants on a Log*   
Choice of Cold Milk

Cinnamon Breakfast Cake w/ Yogurt \*\*\*\*\*

Restaurant Pizza  
Seasoned Carrot Coins  
Fresh Apple Slices  
Choice of Cold Milk

Egg Pop w/ Graham Crackers \*\*\*\*\*


Breaded Chicken Drumstick or Thigh w/ Warm Biscuit  
Bush's Baked Beans  
Peachy Keen Peaches  
Choice of Cold Milk

Warm Cinnamon Oatmeal w/ Toppings \*\*\*\*\*

Crispy Fish Sandwich  
Seasoned Crinkle Fries  
Bananamarama  
Choice of Cold Milk

Pillsbury Mini Cinnis \*\*\*\*\*

Golden Corn Dog  
Buttery Mixed Vegetables  
Frosty Strawberry Cup  
Choice of Cold Milk

Breakfast Taco  \*\*\*\*\*

**National Guacamole Day!**  
Nachos Supreme w/ Queso and Guacamole  
Southwestern Refried Beans  
Chilled Diced Apricots  
Choice of Cold Milk

Breakfast Pizza \*\*\*\*\*

Chicken & Waffles  
Sweet Potato Fries  
Vine-Ripened Grapes  
Choice of Cold Milk

Blueberry Smoothie w/ Graham Crackers \*\*\*\*\*

**National Cheeseburger Day!**  
Hamburger or Cheeseburger  
Sweet Corn  
Diced Pears  
Choice of Cold Milk

Glazed Donut Holes w/ Yogurt \*\*\*\*\*

Cheese Tortellini in Alfredo Sauce w/ Warm Breadstick  
Parmesan Roasted Broccoli  
Frosty Peach Cup  
Choice of Cold Milk


Eggo Froot Loops Waffles \*\*\*\*\*


Mini Cheese Pizza Bagels  
Roasted Baby Carrots  
Cinnamon Applesauce  
Choice of Cold Milk

Egg & Cheese on Biscuit \*\*\*\*\*

Spaghetti & Meatballs w/ Garlic Toast  
Italian Seasoned Green Beans  
Icy Blueberries  
Choice of Cold Milk

Yogurt Banana Split Parfait w/ Graham Crackers \*\*\*\*\*

**World School Milk Day!**  
Southern Style BBQ Pulled Pork Sandwich   
Bush's Baked Beans  
Fresh Orange Slices  
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 \*\*\*\*\*

Chicken & Vegetable Dumplings (Potstickers) w/ Sweet Chili Dipping Sauce  
Steamed Broccoli  
Bananamarama  
Choice of Cold Milk


Cinnamon Glazed French Toast Sticks \*\*\*\*\*

Crispy Chicken Sandwich  
Sweet Corn  
Frosty Mixed Berries  
Choice of Cold Milk

Fruit & Yogurt Smoothie w/ Graham Crackers \*\*\*\*\*

**Breakfast for Lunch!**  
Fluffy Pancakes w/ Sausage Links   
Sweet Potato Fries  
Cinnamon Diced Pears  
Choice of Cold Milk

## Did you know?

 Many school lunches use local fruits and veggies! Rockwood CNS is currently receiving tomatoes and watermelons from local farms.



This institution is an equal opportunity provider.