

Meal Prices	
Student Breakfast	\$2.10
Student Lunch	\$3.80
Adult Breakfast	\$2.50
Adult Lunch	\$4.45
Milk	\$0.85

Rockwood Middle School Menu



December 2025

PAY FOR MEALS ONLINE
[MySchoolBucks.com](https://www.MyschoolBucks.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mozzarella Sticks w/ Marinara Sauce Italian Seasoned Green Beans	2 Restaurant Pizza Sweet Corn Try It Tuesday! Creamy Coleslaw	3 Oven Roasted Chicken Wings w/ Choice of Sauce Garlic Knot Seasoned Crinkle Fries	4 BBQ Pork Rib Sandwich Bush's Baked Beans Creamy Coleslaw National Cookie Day! Berries & Cream Filled Cookie	5 Chicken & Vegetable Dumplings (Potstickers) w/ Sweet Chili or Soy Sauce Steamed Broccoli
8 Crispy Chicken Sandwich Spicy Chicken Sandwich Seasoned Crinkle Fries	9 Restaurant Pizza Italian Roasted Baby Carrots	10 Nachos Supreme w/ Queso & Salsa Texas Ranchero Beans	11 Hot Dog w/ Chili & Cheese Beef Chili w/ Beans w/ Warm Breadstick Sweet Corn	12 Stuffed Crust Cheese or Pepperoni Pizza Parmesan Roasted Broccoli
15 Breakfast for Lunch! French Toast Sticks w/ Sausage Links Sweet Potato Fries	16 Restaurant Pizza Parmesan Roasted Broccoli	17 Holiday Meal! Breaded Chicken Drumstick w/ Warm Dinner Roll Cheesy Hashbrown Casserole	18 Deep Dish Cheese or Pepperoni Pizza Italian Sweet Peas	19 Early Dismissal Hamburger or Cheeseburger on Bun Grilled Cheese PBJ Uncrustable Combo Fresh Veggies w/ Hummus
22 NO SCHOOL				26 NO SCHOOL
29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL		Veggie of the Month Cabbage

Main Entrees Served Daily

- Hamburger (100% beef)
- Cheeseburger (100% beef)
- Spicy Black Bean Burger
- Grilled Chicken Sandwich
- Grilled Cheese Pretzel Roll
- PBJ Uncrustable Combo
- Protein Power 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.

Each lunch includes an entrée, 2 vegetables, 1 fruit, and a choice of milk.

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 School Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Sausage Gravy Flatbread Pizza 🍷 Blueberry Liege Waffle 🍷	French Toast Sticks w/ Sausage Links 🍷 Pillsbury Chocolate Crescent 🍷	Fruit & Yogurt Smoothie w/ Granola 🍷 Mini Confetti Pancakes 🍷	Breakfast Burrito w/ Salsa 🍷 Pillsbury Mini Cinnis 🍷	Long John Donut w/ Yogurt 🍷
Week 2	Breakfast Bagel 🍷 Blueberry Liege Waffle 🍷	Breakfast Empanada w/ Salsa Pillsbury Chocolate Crescent 🍷	Dutch Waffle 🍷 Mini Confetti Pancakes 🍷	Warm Biscuit w/ Sausage Gravy 🍷 Pillsbury Mini Cinnis 🍷	Cinnamon Roll 🍷
Breakfast Sandwich Options	Sausage, Egg and Cheese Biscuit Sandwich* 🍷	Turkey Bacon, Egg and Cheese on English Muffin*	Chicken Biscuit Sandwich	Turkey Bacon, Egg and Cheese Croissant Sandwich*	Sausage, Egg, and Cheese Biscuit Sandwich* 🍷

Entrée + Fruit or Veggie and/or Juice + Milk

*Meat, cheese, and/or egg-free breakfast sandwiches available. 🍷

WHAT MAKES A BREAKFAST?
Select three items in total

one must be a **FRUIT** or **JUICE**

Daily Breakfast Options

PICK 1 ONE ITEM + FRUIT AND/OR VEGETABLE + MILK

- Bagel w/ Cream Cheese
- Breakfast Honeybun
- Mini Chocolate or Powdered Sugar Donuts
- Blueberry or Powdered Donut Hole Cups
- Chocolate Swirl Roll
- Hadley Farms Cinnamon Roll
- Pumpkin Super Slice Bread
- PBJ Uncrustable, Small
- Large Cereal Bowl, 2 oz

Daily milk choices:
Prairie Farms Skim Milk
Prairie Farms 1% White Milk
Prairie Farms 1% Chocolate
Prairie Farms 1% Strawberry

PICK 2 TWO ITEMS + FRUIT AND/OR VEGETABLE + MILK

GRAINS

- Small Cereal Bowl, 1 oz
- Small Cereal Bar – Cocoa Puffs or Cinnamon Toast Crunch
- Kashi Strawberry Banana Loops Pouch
- Muffin Variety
- Nature Valley Crisps
- NutriGrain Bar / Betty Crocker Oatmeal Bar
- Graham Cracker Variety
- Cheez-Its or Goldfish Crackers

PROTEIN

- Cheese Stick
- 4 oz Yogurt
- Sunflower Seeds

Did you know?

School breakfasts include whole grains, protein, fruits or veggies, and milk for a balanced start to the day. Foods with protein and fiber help keep you full longer and support better learning!