

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



January 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Mushrooms</p>		<p>1 NO SCHOOL</p>	<p>2 NO SCHOOL</p>
<p>5</p> <p>Beef Pretzel Dog</p> <p>Beef Chili & Beans w/ Breadstick</p> <p>Buttery Mixed Vegetables</p>	<p>6</p> <p>Restaurant Pizza</p> <p>Sweet Corn</p> <p><i>Try It Tuesday!</i></p> <p>Roasted Mushrooms</p>	<p>7</p> <p>Nachos Supreme w/ Queso & Salsa</p> <p>Fiesta Black Beans</p>	<p>8</p> <p>Crispy Chicken Strips w/ Warm Breadstick</p> <p>Seasoned Potato Wedges</p>	<p>9</p> <p>Alpha Cheese or Pepperoni, or Veggie Pizza</p> <p>Parmesan Roasted Broccoli</p>
<p>12</p> <p>Breakfast for Lunch!</p> <p>French Toast Sticks w/ Sausage Links </p> <p>Sweet Potato Fries</p>	<p>13</p> <p>Restaurant Pizza</p> <p>Sweet Corn</p>	<p>14</p> <p>Mandarin Orange Chicken over Steamed Rice</p> <p>Steamed Broccoli</p> <p>Fortune Cookie</p>	<p>15</p> <p>Deep Dish Cheese or Pepperoni Pizza </p> <p>Italian Sweet Peas</p>	<p>16</p> <p>NO SCHOOL</p>
<p>19</p> <p>NO SCHOOL</p>	<p>20</p> <p>Restaurant Pizza</p> <p>Italian Roasted Baby Carrots</p>	<p>21</p> <p>Chicken & Vegetable Dumplings (Potstickers) w/ Sweet Chili or Soy Sauce</p> <p>Steamed Broccoli</p>	<p>22</p> <p>Breaded Chicken Drumstick w/ Buttered Noodles</p> <p>Cheesy Hashbrown Casserole</p>	<p>23</p> <p>Mozzarella Sticks w/ Marinara Sauce</p> <p>Italian Seasoned Green Beans</p>
<p>26</p> <p>Mini Corn Dogs</p> <p>Bush's Baked Beans</p>	<p>27</p> <p>Restaurant Pizza</p> <p>Italian Sweet Peas</p>	<p>28</p> <p>Spaghetti & Meatballs or Vegetarian Spaghetti Bolognese w/ Garlic Toast</p> <p>Parmesan Roasted Broccoli</p>	<p>29</p> <p>Crispy Chicken Sandwich</p> <p>Spicy Chicken Sandwich</p> <p>Crispy Straight Cut Fries</p>	<p>30</p> <p>Deep Dish Cheese or Pepperoni Pizza</p> <p>Italian Roasted Baby Carrots</p>

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 🍷 Vanilla 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 Pizza Bagel 🍷 Vanilla Liege Waffle 🍷	Warm Cinnamon Oatmeal w/ Toppings 🍷 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!