



Rockwood High School Menu

January 2026

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
MySchoolBucks.com

Meal Prices

| | |
|-------------------|--------|
| Student Breakfast | \$2.10 |
| Student Lunch | \$3.80 |
| Adult Breakfast | \$2.50 |
| Adult Lunch | \$4.45 |
| Milk | \$0.85 |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| |  <p>Mushrooms</p> | | <p>1</p>  | <p>2</p> <p>NO SCHOOL</p> |
| <p>5</p> <p>Mozzarella Sticks w/ Marinara Sauce </p> <p>Bean & Cheese Dip w/ Tortilla Chips </p> <p>Cheesy Mexican Corn</p> | <p>6</p> <p>Spaghetti & Meatballs or Vegetarian Spaghetti </p> <p>Bolognese w/ Garlic Toast</p> <p>Alpha Cheese or Pepperoni Pizza </p> <p>Parmesan Roasted Broccoli</p> | <p>7</p> <p>Crispy Chicken Strips w/ Warm Biscuit</p> <p>Big Daddy's Pizza</p> <p>Mashed Potatoes w/ Gravy</p> | <p>8</p> <p>Restaurant Pizza</p> <p>Chicken Gyro on Flatbread</p> <p>Crispy Straight Cut Fries</p> <p>Try It Thursday! Roasted Mushrooms</p> | <p>9</p> <p>Oven Roasted Chicken Wings w/ Garlic Knot</p> <p>Fish Sandwich</p> <p>Sweet Potato Fries</p> |
| <p>12</p> <p>Bosco Sticks </p> <p>w/ Marinara Sauce</p> <p>Mini Corn Dogs</p> <p>Bush's Baked Beans</p> | <p>13</p> <p>Chicken and Ramen Noodle Bowl</p> <p>Alpha Cheese,  Pepperoni, Veggie, or Mega Meat Pizza </p> <p>Steamed Broccoli</p> | <p>14</p> <p>Popcorn Chicken Smackers w/ Warm Breadstick</p> <p>Alpha Deep Dish Cheese  or Pepperoni Pizza </p> <p>Seasoned Potato Wedges</p> | <p>15</p> <p>Restaurant Pizza</p> <p>Beef Burrito or Bean & Cheese Burrito  w/ Salsa Cup</p> <p>Crispy Straight Cut Fries</p> | <p>16</p> <p>NO SCHOOL</p> |
| <p>19</p> <p>NO SCHOOL</p>  | <p>20</p> <p>Beef & Cheese Tamale w/ Queso</p> <p>Alpha Cheese,  Pepperoni, or Mega Meat Pizza </p> <p>Fiesta Black Beans</p> | <p>21</p> <p>Crispy Chicken Strips w/ Warm Biscuit</p> <p>Big Daddy's Pizza</p> <p>Mashed Potatoes w/ Gravy</p> | <p>22</p> <p>Restaurant Pizza</p> <p>Hot Honey Chicken Sandwich</p> <p>Crispy Straight Cut Fries</p> | <p>23</p> <p>Toasted Cheese Ravioli w/ Marinara Sauce </p> <p>BBQ Pulled Pork Sandwich </p> <p>Parmesan Roasted Broccoli</p> |
| <p>26</p> <p>Breakfast for Lunch! French Toast Sticks w/ Sausage Links </p> <p>Cheese or Pepperoni Calzone </p> <p>Sweet Potato Fries</p> | <p>27</p> <p>Nachos Supreme w/ Queso and Salsa</p> <p>Alpha Cheese,  Pepperoni, or Mega Meat Pizza </p> <p>Latin Baked Black Beans</p> | <p>28</p> <p>Popcorn Chicken Smackers w/ Warm Breadstick</p> <p>Alpha Deep Dish Cheese  or Pepperoni Pizza </p> <p>Seasoned Potato Wedges</p> | <p>29</p> <p>Restaurant Pizza</p> <p>Buffalo Grilled Chicken Sandwich</p> <p>Crispy Straight Cut Fries</p> | <p>30</p> <p>Baked Potato w/Chili & Cheese or Broccoli & Cheese w/ Garlic Knot</p> <p>National Croissant Day! Ham & Cheese on Croissant</p> <p>Steamed Broccoli w/ Cheese</p> |

Main Entrees Served Daily

- Hamburger (100% beef)
- Cheeseburger (100% beef)
- Spicy Chicken Sandwich (M,W,F)
- Crispy Chicken Sandwich (T, Th)
- Grilled Chicken Sandwich
- 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.

Each lunch includes an entrée, 2 vegetables, 2 fruits, 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 High 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, 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

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!