

# January 2026

# Rockwood Elementary Menu

Monday

Tuesday

Wednesday

Thursday

Friday

## Did you know?

January is **National Oatmeal Month**. This healthy grain is packed with key nutrients that keep you full and energized all day.

**NO SCHOOL** 1



**NO SCHOOL** 2

*Veggie of the Month*



**Mushrooms**

French Toast Sticks \*\*\*\*\* 5

Toasted Cheese Ravioli w/ Marinara Sauce  
Italian Seasoned Green Beans  
Fruit Salad Mix Up  
Choice of Cold Milk

Egg & Cheese on Biscuit \*\*\*\*\* 6

**National Bean Day!**  
Southern Style BBQ Pulled Pork Sandwich   
BBQ Baked Beans  
Frosty Strawberry Cup  
Choice of Cold Milk

Dutch Waffle \*\*\*\*\* 7

Mandarin Orange Chicken w/ Fluffy Rice  
Steamed Broccoli  
Tropical Mixed Fruit  
Fortune Cookie  
Choice of Cold Milk

Plain or Blueberry Bagel w/ Cream Cheese \*\*\*\*\* 8

Three Cheese Cavatappi w/ Warm Breadstick  
Buttery Carrots  
Vine-Ripened Grapes  
Choice of Cold Milk

Warm Cinnamon Roll \*\*\*\*\* 9

**National Apricot Day!**  
Hamburger or Cheeseburger on Bun  
Seasoned Crinkle Fries  
Diced Apricots  
Choice of Cold Milk

Breakfast Pizza \*\*\*\*\* 12

**Breakfast for Lunch!**  
Southern Crispy Chicken  
Biscuit Sandwich  
Tater Tots  
Icy Blueberries  
Choice of Cold Milk

Warm Cinnamon Oatmeal \*\*\*\*\* 13

Soft Shell Taco  
Latin Baked Black Beans  
Peachy Keen Peaches  
Choice of Cold Milk  
**Try It Tuesday!**  
Roasted Mushrooms

Fruit & Yogurt Smoothie w/ Graham Crackers \*\*\*\*\* 14

Restaurant Pizza   
Italian Roasted Baby Carrots  
Fresh Apple Slices  
Choice of Cold Milk

Egg & Cheese Bagelicious \*\*\*\*\* 15

**National Bagel Day!**  
Mini Cheese Pizza Bagels  
Roasted Broccoli, Mushroom & Tomatoes  
Fresh Clementines  
Choice of Cold Milk

**NO SCHOOL** 16

**NO SCHOOL** 19



Fluffy Pancake w/ Sausage Patty  \*\*\*\*\* 20

Breaded Mozzarella Sticks w/ Marinara Sauce  
Parmesan Roasted Broccoli  
Frosty Peach Cup  
Choice of Cold Milk

Chocolate Chip UBR \*\*\*\*\* 21

Nachos Supreme w/ Queso  
Southwestern Refried Beans  
Fruit Salad Mix Up  
Choice of Cold Milk

Cheesy Scrambled Eggs w/ Warm Biscuit \*\*\*\*\* 22

**National Hot Sauce Day!**  
Crispy Chicken Sandwich  
Sweet Corn  
Vine-Ripened Grapes  
Choice of Cold Milk

Pillsbury Mini Cinnis \*\*\*\*\* 23

**National Pie Day!**  
Wild Mike's Cheese or Pepperoni Pizza  
Italian Seasoned Green Beans  
Diced Pears  
Impossible Pumpkin Pie  
Choice of Cold Milk

Blueberry or Vanilla Waffle \*\*\*\*\* 26

Mini Corn Dogs  
Bush's Baked Beans  
Frosty Strawberry Cup  
Choice of Cold Milk

Glazed Donut Holes w/ Yogurt \*\*\*\*\* 27

Chicken & Noodles w/ Garlic Toast  
Sweet Peas  
Diced Apricots  
Choice of Cold Milk

Banana Split Yogurt Parfait w/ Graham Crackers \*\*\*\*\* 28

**Breakfast for Lunch!**  
French Toast Sticks w/ Sausage Links   
Sweet Potato Fries  
Bananarama  
Choice of Cold Milk

Apple Cinnamon Oatmeal \*\*\*\*\* 29

★ **100<sup>th</sup> Day of School!** ★  
Chicken Stars w/ Warm Breadstick  
Potato Smiles  
Birthday Cake Applesauce Cup  
Choice of Cold Milk

**National Croissant Day!** 30

Egg & Cheese on Croissant  
Hot Chocolate \*\*\*\*\*  
Wild Mike's Cheese Pocket w/ Marinara Sauce  
Parmesan Roasted Broccoli  
Orange Wedges  
Choice of Cold Milk

### 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 \$64.80 for school lunches in January.

**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 & Vanilla Sport Bites
- Wednesday**—Whole Grain Muffin & Goldfish Pretzels
- Thursday**—Betty Crocker Chocolate Chip Oatmeal Bar & Cheez-Its
- Friday**—Vanilla Liege Waffle

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

This institution is an equal opportunity provider.