

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



## February 2026

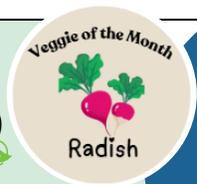
**PAY FOR MEALS ONLINE**  
[MySchoolBucks.com](https://www.MyschoolBucks.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Bosco Sticks w/ Marinara Sauce  Buttery Mixed Vegetables	<b>3</b> Restaurant Pizza  Parmesan Roasted Broccoli  <b>Try It Tuesday!</b> Radish and Cucumber Salad	<b>4</b> BBQ Pulled Pork Nachos w/ Queso  Southwestern Refried Beans	<b>5</b> <b>Breakfast for Lunch!</b> French Toast Sticks w/ Sausage Links  Sweet Potato Fries	<b>6</b> Oven Roasted Chicken Wings w/ Choice of BBQ or Buffalo Sauce w/ Garlic Knot  Cheesy Mexican Corn
<b>9</b> BBQ Pork Rib Sandwich  Toasty Grilled Cheese Sandwich w/ Creamy Tomato Soup  Bush's Baked Beans	<b>10</b> Restaurant Pizza  Sweet Corn	<b>11</b> Mandarin Orange Chicken over Steamed Rice  Steamed Broccoli  Fortune Cookie	<b>12</b> Mini Cheese Pizza Bagels  Italian Roasted Baby Carrots	<b>13</b> <b>National Tortellini Day!</b> Tortellini Alfredo w/ Garlic Toast  Italian Sweet Peas
<b>16</b> <b>NO SCHOOL</b>  	<b>17</b> Restaurant Pizza  Parmesan Roasted Broccoli	<b>18</b> Beef Chili w/ Beans w/ Warm Cinnamon Roll  Hot Dog on Bun  Seasoned Potato Wedges	<b>19</b> Popcorn Chicken Smackers w/ Warm Breadstick  Mashed Potatoes w/ Gravy	<b>20</b> Toasted Cheese Ravioli w/ Marinara Sauce  Italian Seasoned Green Beans
<b>23</b> Golden Corn Dog  Bush's Baked Beans	<b>24</b> Restaurant Pizza  Italian Sweet Peas	<b>25</b> Spaghetti & Meatballs or Vegetarian Spaghetti Bolognese w/ Garlic Toast  Parmesan Roasted Broccoli	<b>26</b> <b>Breakfast for Lunch!</b> Chicken & Waffles  Sweet Potato Fries	<b>27</b> Deep Dish Cheese or Pepperoni Pizza  Sweet Corn

### 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
<b>Week 1</b>	Sausage Gravy Flatbread Pizza 🐷  Vanilla Liege Waffle 🌿	French Toast Sticks w/ Sausage Links 🐷  Mini Strawberry 🌿 Cream Cheese Bagels	Fruit & Yogurt 🌿 Smoothie w/ Granola  Maple Pancake Puffs 🌿	Egg & Cheese Breakfast Bowl w/Tater Tots 🐷  Pillsbury Mini Cinnis 🌿	Long John Donut w/ Yogurt 🌿
<b>Week 2</b>	Breakfast Pizza Bagel 🐷  Vanilla Liege Waffle 🌿	Warm Cinnamon 🌿 Oatmeal w/ Toppings  Mini Strawberry 🌿 Cream Cheese Bagels	Fruit & Yogurt Parfait w/ Granola  Maple Pancake Puffs 🌿	Pancake & Sausage Sandwich 🐷  Pillsbury Mini Cinnis 🌿	Cinnamon Roll 🌿
<b>Breakfast Sandwich Options</b>	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  
Chocolate Swirl Roll  
Hadley Farms Cinnamon Roll  
Pumpkin or Chocolate 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!