Meal Prices

Student Breakfast	$2.10
Student Lunch	$3.80
Adult Breakfast	$2.50
Adult Lunch	$4.45
Milk	$0.85

Rockwood High School Menu

February 2026

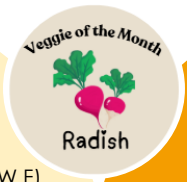
MY SCHOOL BUCKS — PAY FOR MEALS ONLINE — MySchoolBucks.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mozzarella Sticks w/ Marinara Sauce Golden Corn Dog Italian Roasted Baby Carrots	3 Mandarin Orange Chicken over Steamed Rice Alpha Cheese or Pepperoni Pizza Steamed Broccoli	4 Crispy Chicken Strips w/ Warm Biscuit Big Daddy's Pizza Mashed Potatoes w/ Gravy	5 Restaurant Pizza Meatball Sub Sandwich Crispy Straight Cut Fries ***Try It Thursday!*** Radish and Cucumber Salad	6 **Superbowl Friday!** BBQ or Buffalo Oven Roasted Chicken Wings w/ Garlic Knot Bean & Cheese Dip w/ Tortilla Chips Seasoned Potato Wedges
9 Bosco Sticks w/ Marinara Sauce BBQ Pork Rib Sandwich Sweet Corn	10 Chorizo Nachos w/ Queso Alpha Cheese or Pepperoni Pizza Southwestern Refried Beans	11 Popcorn Chicken Smackers w/ Warm Breadstick Alpha Deep Dish Cheese or Pepperoni Pizza Seasoned Potato Wedges	12 Restaurant Pizza Beef Burrito or Bean & Cheese Burrito w/ Salsa Cup Crispy Straight Cut Fries	13 Chicken & Vegetable Dumplings (Potstickers) w/ Sweet Chili Glaze Cheese Calzone Steamed Broccoli
16 **NO SCHOOL** 	17 Cajun Chicken Alfredo w/ Garlic Toast Red Beans & Rice Buttery Mixed Vegetables	18 Crispy Chicken Strips w/ Waffle Big Daddy's Pizza Sweet Potato Fries	19 Restaurant Pizza Hot Ham & Cheese Croissant Crispy Straight Cut Fries	20 Toasted Cheese Ravioli w/ Marinara Sauce Fish Sandwich Parmesan Roasted Broccoli
23 Wild Mike's Cheese Bites w/ Marinara Sauce BBQ Pulled Pork Sandwich Bush's Baked Beans	24 Chicken and Ramen Noodle Bowl Alpha Cheese, Veggie, or Pepperoni Pizza Steamed Broccoli	25 Popcorn Chicken Smackers w/ Warm Breadstick Alpha Deep Dish Cheese or Pepperoni Pizza Seasoned Potato Wedges	26 Restaurant Pizza Golden Corn Dog Crispy Straight Cut Fries	27 Buffalo Chicken Three Cheese Cavatappi w/ Garlic Toast Cheese or Pepperoni Calzone Buffalo Roasted Cauliflower

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 Mini Strawberry Cream Cheese Bagels	Fruit & Yogurt Smoothie w/ Granola Maple Pancake Puffs	Egg and Cheese Breakfast Bowl w/ Tater Tots Pillsbury Mini Cinnis	Long John Donut w/ Yogurt
Week 2	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 and Sausage Sandwich 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.

Daily Breakfast Options

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

- Bagel w/ Cream Cheese
- Breakfast Honeybun
- Chocolate Crescent
- 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

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!