

February 2026

Rockwood Elementary Menu

MEAL PRICES

Monday

National Tater Tot Day!

Scrambled Eggs w/ Warm Biscuit & Tater Tots *****
Totchos w/ Queso
Latin Baked Black Beans
Icy Blueberries
Apple Churro
Choice of Cold Milk

National Pizza Day!

Breakfast Pizza *****
Create Your Own Pizza w/ Toppings (Peppers, Olives, Mushrooms, etc)
Parmesan Roasted Broccoli
Frosty Strawberry Cup
Choice of Cold Milk

NO SCHOOL



Mini Confetti Pancakes

Stuffed Crust Cheese or Pepperoni Pizza
Parmesan Roasted Broccoli
Chilled Applesauce
Choice of Cold Milk

Tuesday

French Toast Sticks

Hot Dog on Bun
Buttery Carrots
Cinnamon Diced Pears
Choice of Cold Milk
Try It Tuesday!
Radish & Cucumber Salad

Chocolate Crescent

Crispy Chicken Sandwich
Bush's Baked Beans
Peachy Keen Peaches
Choice of Cold Milk

King Cake Cinnamon Breakfast Cake w/ Yogurt

Breaded Chicken Drumstick w/ Warm Dinner Roll
Mashed Potatoes w/ Gravy
Frosty Mixed Berries
Choice of Cold Milk

Warm Cinnamon Oatmeal w/ Toppings

National Tortilla Chip Day!
Nachos Supreme w/ Queso
Fiesta Black Beans
Icy Blueberries
Choice of Cold Milk

Wednesday

Maple Pancake Puffs

Spaghetti & Meatballs w/ Garlic Toast
Italian Seasoned Green Beans
Vine-Ripened Grapes
Choice of Cold Milk

Fruit & Yogurt Smoothie w/ Graham Crackers

Restaurant Pizza
Sweet Corn
Strawberries & Cream Sidekick
Choice of Cold Milk

Breakfast Nachos

Three Cheese Cavatappi w/ Warm Breadstick
Steamed Broccoli
Chilled Apricots
Choice of Cold Milk

Banana Split Yogurt Parfait w/ Graham Crackers

Breakfast for Lunch!
Chicken & Waffle
Sweet Potato Fries
Bananarama
Choice of Cold Milk

Thursday

Plain or Blueberry Bagel w/ Cream Cheese

Chicken & Vegetable Dumplings (Potstickers)
Steamed Broccoli
Tropical Mixed Fruit
Choice of Cold Milk

Crispy Chicken Biscuit Sandwich

Breakfast for Lunch!
Fluffy Pancakes w/ Sausage Links
Sweet Potato Fries
Fresh Apple Slices
Choice of Cold Milk

Fluffy Pancake w/ Sausage Patty

Hamburger or Cheeseburger on Bun
Bush's Baked Beans
Vine-Ripened Grapes
Choice of Cold Milk

Egg & Cheese Biscuit Sandwich

National Chili Day!
Chili Cheese Hot Dog
Tater Tots
Fruit Salad Mix Up
Choice of Cold Milk

Friday

Kashi Strawberry Banana Loops w/ Yogurt

Superbowl Friday!
Popcorn Chicken Smackers w/ Warm Breadstick
Sweet Corn
Fresh Clementines
Choice of Cold Milk

Dutch Waffle

National Tortellini Day!
Tortellini Alfredo w/ Garlic Toast
Italian Peas & Mushrooms
Fresh Orange Wedges
Pink Frosted Sugar Cookie
Choice of Cold Milk

National Muffin Day!

Chocolate Chip Muffin Top w/ Yogurt *****
Sack Lunch Day!
Grilled Cheese Sandwich
Baby Carrots w/ Hummus Cup
Sour Watermelon Raisins
Mini Rice Krispies Treat
Choice of Cold Milk

Warm Cinnamon Roll

National Strawberry Day!
Breaded Sea Shapes w/ Warm Breadstick
Seasoned Green Beans
Fresh Strawberries
Choice of Cold Milk

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

Helpful hint: Deposit \$68.40 for school lunches in February.

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 & Bug Bites
- Wednesday**—Whole Grain Muffin & Goldfish Pretzels
- Thursday**—Zee Zee's Strawberry Grahamz & Goldfish Colors
- 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

Did you know?

Did you know? February is Heart Health Month! Eating fruits, veggies, and whole grains helps keep your heart strong.

This institution is an equal opportunity provider.

Veggie of the Month



Radish