

| 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



May 2026

PAY FOR MEALS ONLINE
MySchoolBucks.com

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| Lunch includes: 1 entrée + 2 veggie choices + 2 fruit choices + Milk | | | | 1 Cheese Tortellini Rosa w/ Garlic Toast Cheese or Pepperoni Calzone Italian Roasted Baby Carrots |
| 4 Wild Mike's Cheese Bites w/ Marinara Sauce Meatball Sub Sandwich Parmesan Roasted Broccoli | 5 Cinco de Mayo! Nachos Supreme w/ Queso and Salsa Alpha Cheese or Pepperoni Pizza Southwestern Refried Beans | 6 Popcorn Chicken Smackers w/ Warm Breadstick Alpha Deep Dish Cheese or Pepperoni Pizza Mashed Potatoes w/ Gravy Seasoned Green Beans | 7 Restaurant Pizza Hot Ham & Cheese Croissant Seasoned Crinkle Fries Try it Thursday! Roasted Sugar Snap Peas | 8 Chicken & Vegetable Ramen Bowl Beef or Bean & Cheese Burrito w/ Salsa Roasted Sugar Snap Peas |
| 11 Mozzarella Sticks w/ Marinara Sauce Crispy Fish Sandwich w/ or w/o cheese Italian Roasted Baby Carrots | 12 Mandarin Orange Chicken over Steamed Rice Buffalo Chicken Pizza Steamed Broccoli | 13 Crispy Chicken Strips w/ Warm Biscuit Big Daddy's Pizza Seasoned Crinkle Fries | 14 Restaurant Pizza Breaded Chicken Drumsticks w/ Garlic Knot Seasoned Spiral Fries | 15 Toasted Cheese Ravioli w/ Marinara Sauce BBQ Pulled Pork Sandwich Sweet Corn Bush's Baked Beans |
| 18 Bosco Sticks w/ Marinara Sauce BBQ Pork Rib Sandwich Italian Sweet Peas | 19 Cajun Chicken Alfredo w/ Garlic Toast Manager's Choice Steamed Broccoli | 20 Popcorn Chicken or Chicken Strips w/ Bread Manager's Choice Pizza Hot Vegetable | 21 Manager's Choice Entrées Hot Vegetable | 22 Early Dismissal Grab & Go Lunch |
| 25 | 26 | 27 | 28 | 29 |

Summer Break!

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
- Deli Sandwiches & Wraps
- 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.

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 NSBW March 2-6 | Breakfast Pizza Vanilla Liege Waffle 🌱 | French Toast Sticks w/ Sausage Links 🐷 Mini Confetti Pancakes 🌱 | Fruit & Yogurt 🌱 Smoothie w/ Granola Dutch Waffle 🌱 | Chicken Breakfast Bowl w/Tater Tots Pillsbury Mini Cinnis 🌱 | Long John Donut w/ Yogurt 🌱 |
| Week 2 | Breakfast Pizza Bagel 🐷 Vanilla Liege Waffle 🌱 | Breakfast Burrito w/ Salsa Mini Confetti Pancakes 🌱 | Fruit & Yogurt Parfait w/ Granola 🌱 Dutch Waffle 🌱 | Pancakes or Waffles w/ Sausage 🐷 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
Mini Blueberry or Powdered
Sugar Donut Holes
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?

Eating breakfast is linked to better overall academic performance and higher test scores. School breakfasts include whole grains, protein, fruits or veggies, and milk for a balanced start to the day!