

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



May 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch includes: 1 entrée + 2 veggie choices + 1 fruit choice + Milk				1 Bosco Sticks w/ Marinara Sauce Italian Sweet Peas
4 Meatball Sub Sandwich Golden Corn Dog Potato Smiles Seasoned Green Beans	5 Cinco de Mayo! Restaurant Pizza Beef or Bean & Cheese Burrito w/ Salsa Cup Cheesy Mexican Corn Try it Tuesday! Roasted Sugar Snap Peas	6 Nachos Supreme w/ Queso & Salsa Southwestern Refried Beans	7 Popcorn Chicken Mashed Potato Bowl w/ Warm Breadstick Mashed Potatoes w/ Gravy Sweet Corn	8 Alpha Cheese or Pepperoni Pizza Slice Beef Pretzel Dog Parmesan Roasted Broccoli
11 Toasted Cheese Ravioli w/ Marinara Sauce Italian Seasoned Green Beans	12 Restaurant Pizza Sweet Corn	13 Mandarin Orange Chicken over Steamed Rice Steamed Broccoli Fortune Cookie	14 Breaded Chicken Drumstick w/ Garlic Knot Sweet Potato Fries	15 BBQ Pulled Pork Cheesy Mac w/ Garlic Toast BBQ Pulled Pork Sandwich Bush's BBQ Baked Beans
18 Crispy Chicken Strips w/ Warm Breadstick French Fries	19 Restaurant Pizza Parmesan Roasted Broccoli	20 Breaded Mozzarella Sticks w/ Marinara Sauce Hot Vegetable of the Day	21 Manager's Choice Hot Vegetable of the Day	22 Early Dismissal Grab & Go Lunch
25 	26 	27 	28 	29

Summer Break!

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
- Deli Sandwiches & Wraps
- 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
Week 1	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 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!