

Lunch Meal Prices
 Student Lunch \$3.80
 Reduced Lunch \$0.40
 Free to those who qualify
 Adult Lunch \$5.00

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE
 MySchoolBucks.com

Rockwood High School Menu

August/September 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST	24 Bosco Sticks w/ Marinara Sauce Mini Corn Dogs Parmesan Roasted Broccoli	25 Nachos Supreme w/ Queso and Salsa Alpha Deep Dish Cheese or Pepperoni Pizza Southwestern Refried Beans	26 Crispy Chicken Strips w/ Warm Biscuit Alpha Cheese or Pepperoni Pizza Seasoned Crinkle Fries	27 Restaurant Pizza Bean & Cheese Dip w/ Tortilla Chips & Salsa Potato Smiles	28 Buffalo Chicken Mac & Cheese w/ Warm Breadstick Cheese Calzone Italian Roasted Baby Carrots
	31 Wild Mike's Cheese Bites w/ Marinara Sauce BBQ Pork Rib Sandwich Bush's Baked Beans Cheesy Hashbrown Bake	1 Spaghetti & Meat Sauce w/ Garlic Toast Buffalo Chicken Pizza Parmesan Roasted Broccoli	2 Popcorn Chicken Smackers w/ Warm Breadstick Alpha Cheese or Pepperoni Pizza Mashed Potatoes w/ Gravy	3 Restaurant Pizza Hot Ham & Cheese Croissant Seasoned Crinkle Fries Try it Thursday! Roasted Bell Peppers	4 Oven Roasted Chicken Wings w/ Choice of Sauce Garlic Knot Beef or Bean & Cheese Burrito w/ Salsa Potato Smiles
	7 NO SCHOOL 	8 Mandarin Orange Chicken over Steamed Rice Alpha Deep Dish Cheese or Pepperoni Pizza Steamed Broccoli	9 Crispy Chicken Strips w/ Warm Biscuit Alpha Cheese, Pepperoni, or Mega Meat Pizza Seasoned Crinkle Fries	10 Restaurant Pizza Chicken Bahn Mi Sandwich Potato Smiles	11 Toasted Cheese Ravioli w/ Marinara Sauce Meatball Sub Sandwich Sweet Potato Fries
	14 Mozzarella Sticks w/ Marinara Sauce BBQ Pulled Pork Sandwich Bush's Baked Beans Cheesy Hashbrown Bake	15 Cajun Chicken Alfredo w/ Garlic Breadstick Tasty Cheese or Pepperoni Pizza Steamed Broccoli Roasted Bell Peppers	16 Popcorn Chicken Smackers w/ Warm Breadstick Alpha Cheese or Pepperoni Pizza Mashed Potatoes w/ Gravy	17 Restaurant Pizza Chicken Tinga Quesadilla Seasoned Crinkle Fries	18 Cheese Tortellini Rosa w/ Garlic Toast Hot Honey Crispy Chicken Sandwich Potato Smiles Seasoned Green Beans
	21 Bosco Sticks w/ Marinara Sauce Golden Corn Dog Italian Sweet Peas	22 Nachos Supreme w/ Queso and Salsa Alpha Deep Dish Cheese or Pepperoni Pizza Southwestern Refried Beans	23 Crispy Chicken Strips w/ Warm Biscuit Detroit Style Cheese or Pepperoni Pizza Seasoned Crinkle Fries	24 Restaurant Pizza Beef Burrito or Bean & Cheese Burrito w/ Salsa Potato Smiles	25 Buffalo Chicken Loaded Baked Potato w/ Garlic Knot Cheese or Pepperoni Calzone Steamed Broccoli w/ Cheese Sauce
	28 Wild Mike's Cheese Bites w/ Marinara Sauce Hot Ham and Cheese Croissant Bush's Baked Beans Sweet Corn	29 Chicken Alfredo w/ Garlic Toast Tasty Cheese or Pepperoni Pizza Steamed Broccoli	30 Popcorn Chicken Smackers w/ Warm Breadstick Alpha Cheese or Pepperoni Pizza Mashed Potatoes w/ Gravy	Lunch includes: 1 entrée + 2 veggie choices + 2 fruit choices + Milk	

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

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.

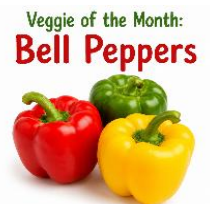
Daily fruit choices may include:

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 Whole Milk, 1% White, 1% Chocolate or 1% Strawberry



Rockwood High School

Breakfast Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Entrée Option	Breakfast Pizza or Pizza Bagel 🍷	French Toast Sticks w/ Sausage Links 🍷	Fruit & Yogurt Smoothie w/ Granola 🌱	Chicken Breakfast Bowl w/Tater Tots	Cinnamon Roll 🌱
Grab & Go Options	Mini Confetti Pancakes 🌱	Pillsbury Mini Cinnis 🌱	Mini Confetti Pancakes 🌱	Pillsbury Mini Cinnis 🌱	Mini Confetti Pancakes 🌱
Sweet Spot	Glazed Donut Holes 🌱	Long John Donut 🌱	Glazed Donut Holes 🌱	Long John Donut 🌱	Glazed Donut Holes 🌱
Breakfast Sandwich	Sausage, Egg and Cheese Biscuit Sandwich* 🍷	Turkey Bacon, Egg and Cheese Croissant Sandwich*	Chicken Biscuit Sandwich	Turkey Bacon, Egg and Cheese Croissant Sandwich*	Sausage, Egg, and Cheese Biscuit Sandwich* 🍷

*Meat, cheese, and/or egg-free breakfast sandwiches available. 🌱

Entrée + Fruit, Veggie and/or Juice + Milk

Daily Breakfast Options

PICK 1

ONE ITEM + FRUIT AND/OR VEGETABLE + MILK

Bagel w/ Cream Cheese
Breakfast Honeybun
Hadley Farms Cinnamon Roll
Pumpkin Super Slice Bread
PBj Uncrustable, Small
Large Cereal Bowl, 2 oz

Daily milk choices:

Prairie Farms Whole 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 Cereal 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
Hard Boiled Egg

Breakfast Meal Prices

Student Breakfast \$2.10
Reduced Breakfast \$0.30
Free to those who qualify
Adult Breakfast \$2.75

WHAT MAKES A BREAKFAST?

Select three items in total



one must be a

FRUIT or JUICE

