

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

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Rockwood Middle School Menu

August/September 2026



AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Crispy Chicken Strips w/ Warm Breadstick Potato Smiles	25 Restaurant Pizza Parmesan Roasted Broccoli	26 Nachos Supreme w/ Queso & Salsa Fiesta Black Beans	27 Bosco Sticks w/ Marinara Sauce Italian Sweet Peas	28 Alpha Deep Dish Cheese or Pepperoni Pizza Sweet Corn
31 Mini Corn Dogs Bush's Baked Beans	SEPTEMBER 1 Restaurant Pizza Italian Roasted Baby Carrots <i>Try it Tuesday!</i> Roasted Bell Peppers	2 Mandarin Orange Chicken over Steamed Rice Steamed Broccoli Fortune Cookie	3 Breaded Mozzarella Sticks w/ Marinara Sauce Buttery Mixed Vegetables	4 Crispy Chicken Sandwich Spicy Chicken Sandwich Seasoned Potato Wedges
7 NO SCHOOL 	8 Restaurant Pizza Potato Smiles	9 Breakfast for Lunch! French Toast Sticks w/ Sausage Links or Patty Sweet Potato Fries	10 Cheese Tortellini Alfredo w/ Garlic Toast Buffalo Grilled Chicken Sandwich Parmesan Roasted Broccoli	11 Wild Mike's Cheese or Pepperoni Pizza Bean & Cheese Dip w/ Tortilla Chips & Salsa Sweet Corn
14 Toasted Cheese Ravioli w/ Marinara Sauce Italian Seasoned Green Beans	15 Restaurant Pizza Italian Roasted Baby Carrots	16 Chicken & Vegetable Ramen Bowl Steamed Broccoli	17 Popcorn Chicken Smackers w/ Warm Breadstick Cheesy Hashbrown Bake	18 National Rice Krispies Treat Day! Golden Corn Dog BBQ Pulled Pork Sandwich Bush's Baked Beans <i>Mini Rice Krispies Treat with Each Meal!</i>
21 Chicken & Vegetable Dumplings w/ Sweet Chili or Soy Sauce Steamed Broccoli Roasted Bell Peppers	22 Restaurant Pizza Sweet Corn	23 Spaghetti & Meat Sauce w/ Garlic Toast Italian Sweet Peas	24 Breaded Chicken Drumstick w/ Warm Biscuit Mashed Potatoes w/ Gravy Bush's Baked Beans	25 Bosco Sticks w/ Marinara Sauce Buttery Mixed Vegetables
28 Breakfast for Lunch! Chicken Strips & Waffle Sweet Potato Fries	29 Restaurant Pizza Parmesan Roasted Broccoli	30 Nachos Supreme w/ Queso & Salsa Southwestern Refried Beans	Lunch includes: 1 entrée + 2 veggie choices + 1 fruit choice + Milk	Veggie of the Month: Bell Peppers

Main Entrees Served Daily

- Hamburger (100% beef)
- Cheeseburger (100% beef)
- Grilled Chicken Sandwich
- Spicy Black Bean Burger
- Grilled Cheese Pretzel Roll
- PBJ Uncrustable Combo
- Protein Power Pack
- Nacho Snack Pack
- Deli Sandwiches & Wraps
- Daily Special Entrée Salad

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

Menu is subject to change.

Rockwood Middle 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 or Veggie and/or Juice + Milk

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

Daily Breakfast Options

PICK 1

ONE ITEM + FRUIT AND/OR VEGETABLE + MILK

Bagel w/ Cream Cheese
Breakfast Honeybun
Chocolate Swirl Roll
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

