

September 2026

Rockwood Elementary Menu

Monday

Every school lunch includes 5 components: protein, grains, fruits, vegetables, and milk. Students must choose at least 3 components, or choose all 5, to make a meal. One choice must be a ½ cup fruit or veggie.

NO SCHOOL

Maple Pancake Puffs

Golden Corn Dog
Glazed Carrot Coins
Frosty Strawberry Cup
Choice of Cold Milk

Pillsbury Mini Cinnis

Breaded Mozzarella Sticks
w/ Marinara Sauce
Sweet Corn
A+ Applesauce
Choice of Cold Milk

Vanilla Waffle

Big Daddy's Cheese or
Pepperoni Pizza
Italian Seasoned Green Beans
Cinnamon Apple Slices
Choice of Cold Milk

Tuesday

Fluffy Pancake
w/ Sausage Patty

Nachos Supreme w/ Queso
Southwestern Refried Beans
Diced Apricots
Choice of Cold Milk
Try it Tuesday! Fresh Bell Peppers

Plain or Blueberry Bagel
w/ Cream Cheese

National Ants on a Log Day!
Bosco Stick w/ Marinara Sauce
Parmesan Roasted Broccoli
Razzleberry Applesauce Cup
Ants on a Log
Choice of Cold Milk

Egg & Cheese Biscuit
Sandwich

Popcorn Chicken Smackers
w/ Warm Breadstick
Sweet Corn
Diced Apricots
Choice of Cold Milk

Fruit & Yogurt Smoothie
w/ Graham Crackers

Cheese Tortellini Alfredo
w/ Garlic Toast
Italian Sweet Peas
Icy Blueberries
Choice of Cold Milk

Fluffy Pancake
w/ Sausage Patty

Hot Dog on Bun
Bush's Baked Beans
Fresh Orange Wedges
Choice of Cold Milk

Wednesday

Scrambled Eggs
w/ Warm Biscuit

Twisty Cheesy Mac
w/ Warm Breadstick
Buttery Carrot Coins
Fresh Watermelon Slices
Choice of Cold Milk

Cinnamon Breakfast Cake
w/ Yogurt

Restaurant Pizza
Buttery Mixed Vegetables
Vine-Ripened Grapes
Choice of Cold Milk

Banana Split Yogurt Parfait
w/ Graham Crackers

BBQ Pulled Pork Sandwich
Bush's Baked Beans
Fresh Apple Slices
Choice of Cold Milk

Cinnamon Glazed French
Toast Sticks

Breaded Chicken Drumstick
w/ Warm Breadstick
Bush's Baked Beans
Fresh Strawberries
Choice of Cold Milk

Scrambled Eggs
w/ Warm Biscuit

World School Milk Day!
Chicken Biscuit Sandwich
Sweet Potato Fries
Vine-Ripened Grapes
Choice of Cold Milk

Thursday

Fruit & Yogurt Smoothie
w/ Graham Crackers

Fish Sea Shapes
w/ Hushpuppies
Seasoned Crinkle Fries
Fresh Orange Wedges
Choice of Cold Milk

Breakfast Nachos

Breakfast for Lunch!
French Toast Sticks
w/ Sausage Patty or Links
Sweet Potato Fries
Cinnamon Apple Slices
Choice of Cold Milk

Breakfast Pizza

Mandarin Orange Chicken
over Steamed Rice
Steamed Broccoli
Fruit Salad Mix Up
Fortune Cookie
Choice of Cold Milk

Egg Pop w/ Graham
Crackers

Wild Mike's Cheese Pocket
Italian Roasted Baby Carrots
Cinnamon Pears
Choice of Cold Milk

Follow the **Elementary School Lunch Menu** page on **ParentSquare** for monthly menus and updates.

For allergen information, join the **RSD Food Allergens Group** page on ParentSquare.

Friday

Glazed Donut Holes
w/ Yogurt

National Cheese Pizza Day! (9/5)
4x6 Cheese or Pepperoni Pizza
Italian Sweet Peas
Cherry Central Sour Berries
Choice of Cold Milk

Dutch Waffle

Crispy Chicken Sandwich
Bush's Baked Beans
Watermelon Froot Jooce Icy
Choice of Cold Milk

Warm Cinnamon Roll

National Cheeseburger Day & Rice Krispies Treat Day!
Hamburger or Cheeseburger
Potato Smiles
Bananarama
Mini Rice Krispies Treat
Choice of Cold Milk

Mini Cinnamon Sugar Donuts
w/ Yogurt

National Dumpling Day! (9/26)
Chicken & Vegetable Dumplings
Steamed Broccoli
Fresh Watermelon Slices
Choice of Cold Milk

MEAL PRICES

Student Breakfast	\$2.10
Reduced Breakfast	\$0.30
Student Lunch	\$3.60
Reduced Lunch	\$0.40
Free to those who qualify	
Adult Breakfast	\$2.75
Adult Lunch	\$5.00

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
MySchoolBucks.com

Helpful hint: Deposit \$75.60 for school lunches in September.

Breakfast includes the menued item; or choice of cereal w/ graham cracker or yogurt. Each breakfast is served with fruit and/or 100% juice and milk.

Alternate Entrées Available Daily

- * Grilled Cheese Pretzel
- * Sunbutter & Jelly Sandwich
- * Chef Salad
- * Snack Pack

Snack Pack Daily Grain Options

Monday: Cheez-its & Vanilla Chat Snax
Tuesday: Cereal & Goldfish Pretzels
Wednesday: Maple Pancake Puffs
Thursday: Muffin & Goldfish Pretzels
Friday: Cheez-its & Bug Bites

Add any 2 proteins: Cheese Stick, Turkey Stick, Yogurt, Sunflower Seeds, Chocolate Chickpea Spread, or choose 1 Hard Boiled Egg.

Variety of fresh vegetables offered daily.

Daily fruit choices may include: Fresh, frozen, dried, canned (in juice or light syrup) or 100% juice.

Daily milk choices include: Prairie Farms Whole and 1% White, 1% Chocolate, 1% Strawberry

Rockwood is not peanut free.

 Indicates a pork product.

MENU IS SUBJECT TO CHANGE

Veggie of the Month:
Bell Peppers

