

August 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.

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

Tuesday

Wednesday

Thursday

Friday

5

Welcome Back
COME EAT WITH US!

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Limited Time Offer: Aug 31-Sept 4
Get a Welch's Hula Cooler 100% Juice Slushy at breakfast every day!

National Waffle Day!

Vanilla Waffle

Chicken & Waffle
Tater Tots
Fruit Salad Mix Up
Choice of Cold Milk

24

National Banana Split Day!

Yogurt Banana Split Parfait
w/ Graham Crackers

Mini Cheese Pizza Bagels
Sweet Corn
Icy Blueberries
Choice of Cold Milk

25

Egg & Cheese Biscuit
Sandwich

Cherry Popsicle Day!
Hot Dog on Bun
Bush's Baked Beans
Cherry Orange Pineapple 100%
Juice Icy
Choice of Cold Milk

26

Breakfast Pizza

National Peach Day!
Spaghetti & Meat Sauce
w/ Garlic Toast
Parmesan Roasted Broccoli
Fresh Peaches
Choice of Cold Milk

27

Warm Cinnamon Roll

Sack Lunch Day!
Grilled Cheese Sandwich
Wild White Nacho Doritos
Baby Carrots w/ Ranch Dip
Peach Applesauce Cup
Choice of Cold Milk

28

Eggo Fruit Loops Waffles

Soft Pretzel w/ Cheese Sauce
Steamed Broccoli
Diced Pears
Choice of Cold Milk

31

Did you know?

August is named after Augustus Caesar, the first Roman emperor, who chose this month because it was the time of many of his greatest military victories.

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

This institution is an equal opportunity provider.

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 \$21.60 for school lunches in August.

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 w/Crackers
- * 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