

October 2026

Rockwood Elementary Menu



PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

October is Harvest Month!

Butternut Squash has a sweet, nutty flavor and a bright orange color. Its orange color comes from beta-carotene, a nutrient that helps keep your eyes and skin healthy.



NO SCHOOL

National School Lunch Week is October 12-16th!

Eggo Froot Loops Waffles

Fish Sea Shapes
w/ Hushpuppies
Seasoned Crinkle Fries
Frosty Strawberry Cup
Mini Rice Krispies Treat
Choice of Cold Milk

Pillsbury Mini Cinnis

Golden Corn Dog
Buttery Mixed Vegetables
Frosty Mixed Berry Cup
Choice of Cold Milk

National Pumpkin Day!
Super Slice Pumpkin Bread

Big Daddy's Cheese or
Pepperoni Pizza
Sweet Corn
Icy Blueberries
Choice of Cold Milk

**Plain or Blueberry Bagel
w/ Cream Cheese**

National Taco Day!
Soft Shell Taco
Fiesta Black Beans
Icy Blueberries
Choice of Cold Milk

Egg & Cheese on Biscuit

Crispy Chicken Sandwich
Bush's Baked Beans
Vine-Ripened Grapes
Choice of Cold Milk
Try it Tuesday!
Roasted Butternut Squash

**Fruit & Yogurt Smoothie
w/ Graham Crackers**

National Chicken & Waffle Day!
Popcorn Chicken & Waffle
Sweet Potato Fries
Peachy Keen Peaches
Choice of Cold Milk

**Fluffy Pancake
w/ Sausage Patty**

Toasted Cheese Ravioli
w/ Marinara Sauce
Buttery Carrots
A+ Applesauce
Choice of Cold Milk

**Cinnamon Breakfast Cake
w/ Yogurt**

National Kale Day!
Twisty Cheesy Mac w/Breadstick
Steamed Broccoli
Diced Pears
Choice of Cold Milk
Try it! Kale Chips

**Banana Split Yogurt Parfait
w/ Graham Crackers**

National Dessert Day!
Restaurant Pizza
Parmesan Toasted Broccoli
Fresh Apple Slices
Pumpkin Energy Bite
Choice of Cold Milk

National Apple Day!
French Toast Sticks &
Warm Cinnamon Apples

Southern Style BBQ Pulled Pork
Sandwich
Bush's Baked Beans
Apple Slices w/ Caramel Dip
Choice of Cold Milk

National Chocolate Day!
Pillsbury Chocolate Crescent

Breaded Chicken Drumstick
w/ Warm Breadstick
Mashed Potatoes w/ Gravy
Diced Apricots
Chocolate Brownie Bite
Choice of Cold Milk

**Fruit & Yogurt Smoothie
w/ Graham Crackers**

Bosco Stick
w/ Marinara Sauce
Parmesan Roasted Broccoli
Diced Apricots
Choice of Cold Milk

Breakfast Nachos

Mini Cheese Pizza Bagels
Italian Sweet Peas
BLUES Raspberry Lemon Sidekick
Choice of Cold Milk

St. Louis Blues Home Opener!

Breakfast Pizza

Homestyle Chicken & Noodles
w/ Warm Breadstick
Roasted Butternut Squash
Fruit Salad Mix Up
Choice of Cold Milk

**Scrambled Eggs
w/ Warm Biscuit**

Mandarin Orange Chicken
over Steamed Rice
Steamed Broccoli
Fresh Pineapple
Fortune Cookie
Choice of Cold Milk

National Oatmeal Day!
Warm Cinnamon Oatmeal
w/ Toppings

Hot Dog on Bun
Bush's Baked Beans
Vine-Ripened Grapes
Choice of Cold Milk

**Glazed Donut Holes
w/ Yogurt**



World Smile Day!
Chicken Strips w/ Breadstick
Potato Smiles
Cherry-moji Froot Jooce Icy
Choice of Cold Milk

Dutch Waffle

Fluffy Pancakes
w/ Sausage Patty
Sweet Potato Fries
Orange Wedges
Choice of Cold Milk

Warm Cinnamon Roll

Breaded Mozzarella Sticks
w/ Marinara Sauce
Italian Seasoned Green Beans
Bananarama
Choice of Cold Milk

**Mini Cinnamon Sugar
Donuts w/ Yogurt**

Hamburger or Cheeseburger
Seasoned Crinkle Fries
Sour Berries Dried Fruit
Choice of Cold Milk

**Glazed Donut Holes
w/ Yogurt**

Pumpkin Shaped Pretzel
w/ Cheddar Cheese Sauce
Steamed Broccoli
Clementines
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

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

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: Goldfish Cheddar & Farmer's Market Graham Crackers
Tuesday: Cereal & Goldfish Pretzels
Wednesday: Mini Confetti Pancakes
Thursday: Muffin & Goldfish Pretzels
Friday: Goldfish Cheddar & Scooby Grams

Pick any 2 proteins: Cheese Stick, Turkey Stick, Yogurt, Sunflower Seeds, Chocolate Chickpea Spread
Or

Pick 1 protein: 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