

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

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch includes: 1 entrée + 2 veggie choices + 2 fruit choices + Milk			1 Restaurant Pizza BBQ Pork Rib Sandwich Potato Smiles	2 Chicken & Vegetable Potstickers (Dumplings) w/ Choice of Dipping Sauce Mini Corn Dogs Sweet Chili Roasted Baby Carrots
5 NO SCHOOL	6 Spaghetti & Meat Sauce w/ Garlic Toast Alpha Cheese or Pepperoni Pizza Big Daddy's 4 Meat Pizza Parmesan Roasted Broccoli	7 Crispy Chicken Strips w/ Warm Biscuit Alpha Personal Cheese Pizza Nardone Buffalo Chicken Pizza Seasoned Crinkle Fries	8 Restaurant Pizza Hot Ham & Cheese on Croissant Potato Smiles Try it Thursday! Roasted Butternut Squash	9 Mozzarella Sticks w/ Marinara Sauce Bean & Cheese Burrito w/ Salsa Cup Roasted Butternut Squash Latin Baked Black Beans
12 BBQ Pulled Pork Mac & Cheese w/ Warm Breadstick Golden Corn Dog Bush's Baked Beans	13 Mandarin Orange Chicken over Steamed Rice Alpha Cheese or Pepperoni Pizza Steamed Broccoli	14 Popcorn Chicken Smackers w/ Warm Breadstick Tasty Cheese or Pepperoni Pizza Mashed Potatoes w/ Gravy Seasoned Green Beans	15 Restaurant Pizza Chicken Bahn Mi Sandwich Seasoned Crinkle Fries	16 Wild Mike's Cheese Bites w/ Marinara Sauce Meatball Sub Sandwich Sweet Potato Fries
19 Bosco Sticks w/ Marinara Sauce Crispy Fish Sandwich Sweet Corn	20 Nachos Supreme w/ Queso and Salsa Alpha Cheese or Pepperoni Pizza Big Daddy's 4 Meat Pizza Southwestern Refried Beans	21 Crispy Chicken Strips w/ Warm Biscuit Detroit Style Cheese or Pepperoni Pizza Seasoned Crinkle Fries	22 Restaurant Pizza Chicken Tinga Quesadilla w/ Salsa Cup Potato Smiles	23 Chicken & Vegetable Ramen Bowl Hot Honey Crispy Chicken Sandwich Steamed Broccoli
26 Toasted Cheese Ravioli w/ Marinara Sauce Hot Ham & Cheese on Croissant Italian Sweet Peas	27 BBQ Teriyaki Chicken over Steamed Rice Alpha Cheese or Pepperoni Pizza Steamed Broccoli	28 Popcorn Chicken Smackers w/ Warm Breadstick Tasty Cheese or Pepperoni Pizza Mashed Potatoes w/ Gravy Seasoned Green Beans	29 Restaurant Pizza Chicken Gyro Flatbread Seasoned Crinkle Fries	30 Buffalo Chicken Loaded Baked Potato w/ Garlic Knot Mummy Dogs (Pretzel Dogs) Bush's Baked Beans

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



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	French Toast Sticks w/ Sausage Links 🐷	Fruit & Yogurt Smoothie w/ Granola 🌱	Breakfast Burrito	Cinnamon Roll 🌱
Sweet Spot	Mini Confetti Pancakes 🌱	Glazed Donut Holes 🌱	Cinnamon Crumble Square 🌱	Long John Donut 🌱	Mini Confetti Pancakes 🌱
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

Breakfast Meal Prices

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

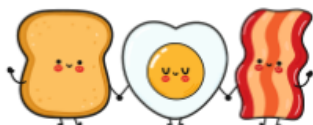
WHAT MAKES A BREAKFAST?

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
 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