

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 Middle School Menu

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch includes: 1 entrée + 2 veggie choices + 1 fruit choice + Milk			1 Meatball Sub Sandwich Potato Smiles	2 Mini Cheese Pizza Bagels Sweet Corn
5 NO SCHOOL	6 Restaurant Pizza Italian Roasted Baby Carrots	7 Mandarin Orange Chicken over Steamed Rice Steamed Broccoli Fortune Cookie	8 Breaded Mozzarella Sticks w/ Marinara Sauce Buttery Mixed Vegetables	9 Crispy Chicken Sandwich Spicy Chicken Sandwich Seasoned Crinkle Fries
12 Golden Corn Dog Bush's Baked Beans	13 Restaurant Pizza Italian Sweet Peas Try it Tuesday! Roasted Butternut Squash	14 Breakfast for Lunch! French Toast Sticks w/ Sausage Links Roasted Butternut Squash	15 Oven Roasted Chicken Wings w/ BBQ or Buffalo Sauce w/ Garlic Knot Potato Smiles	16 Big Daddy's Cheese or Pepperoni Pizza Parmesan Roasted Broccoli
19 Wild Mike's Cheese Bites w/ Marinara Sauce Italian Seasoned Green Beans	20 Restaurant Pizza Italian Roasted Baby Carrots	21 Spaghetti & Meatballs w/ Garlic Toast Parmesan Roasted Broccoli	22 Popcorn Chicken Smackers w/ Warm Breadstick Mashed Potatoes w/ Gravy	23 Buffalo Chicken Loaded Baked Potato w/ Garlic Knot Latin Baked Black Beans
26 Bosco Sticks w/ Marinara Sauce Sweet Corn	27 Restaurant Pizza Parmesan Roasted Broccoli	28 Nachos Supreme w/ Queso & Salsa Fiesta Black Beans	29 Breaded Chicken Drumstick w/ Warm Biscuit Mashed Potatoes w/ Gravy	30 Chili Cheese Fries w/ Garlic Knot Hot Dog on Bun (Optional: w/ Chili & Cheese) Seasoned Crinkle Fries

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
- Deli Sandwiches & Wraps
- Daily Special Entrée Salad

Menu is subject to change.

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 Middle 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 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
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 Strawberry Banana Loops 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

