November 2026

Rockwood Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 **NO SCHOOL**	**3** Veggie of the Month  SWEET POTATOES	**4** Plain or Blueberry Bagel w/ Cream Cheese ***** Crispy Chicken Sandwich Potato Smiles Fruit Salad Mix Up Choice of Cold Milk	**5** Dutch Waffle ***** Wild Mike's Cheese Pocket w/ Marinara Sauce Italian Sweet Peas Fresh Honeydew Slices Choice of Cold Milk	**6** **National Nacho Day!** Breakfast Nachos ***** Nachos Supreme w/ Queso Southwestern Refried Beans Orange Wedges Choice of Cold Milk
9 Eggo Froot Loops Waffles ***** Create Your Own Pizza Parmesan Roasted Broccoli Diced Pears Choice of Cold Milk	**10** Egg & Cheese on Biscuit ***** Golden Corn Dog Bush's Baked Beans Frosty Strawberries Choice of Cold Milk ***Try it Tuesday!*** Baked Sweet Potato	**11** Fruit & Yogurt Smoothie w/ Graham Crackers ***** Restaurant Pizza Italian Seasoned Green Beans Stars & Stripes Sidekick Icy Choice of Cold Milk	**12** Breakfast Pizza ***** **Breakfast for Lunch!** Cinnamon Glazed French Toast Sticks w/ Sausage Patty Baked Sweet Potato Fresh Apple Slices Choice of Cold Milk	**13** Warm Cinnamon Roll ***** Breaded Mozzarella Sticks w/ Marinara Sauce Sweet Corn A+ Applesauce Choice of Cold Milk
16 Fluffy Pancake w/ Sausage Patty ***** Southern Style BBQ Pulled Pork Sandwich Sweet Potato Fries Icy Blueberries Choice of Cold Milk	**17** Scrambled Eggs w/ Biscuit ***** Spaghetti & Meat Sauce w/ Garlic Toast Parmesan Roasted Broccoli Peachy Keen Peaches Choice of Cold Milk	**18** Banana Split Yogurt Parfait w/ Graham Crackers ***** Popcorn Chicken Smackers w/ Warm Breadstick Sweet Corn Vine-Ripened Grapes Choice of Cold Milk	**19** Super Slice Pumpkin Bread ***** **Thanksgiving Holiday Meal!** Sliced Turkey & Gravy w/ Dinner Roll Mashed Potatoes w/ Gravy Cinnamon Apples Harvest Frosted Sugar Cookie Choice of Cold Milk	**20** Mini Cinnamon Sugar Donuts w/ Yogurt ***** Hamburger or Cheeseburger Bush's Baked Beans Bananarama Choice of Cold Milk
23 Pillsbury Mini Cinnis ***** Crispy Chicken Biscuit Seasoned Crinkle Fries Diced Apricots Choice of Cold Milk	**24** Egg & Cheese on Biscuit ***** **Sack Lunch Day!** Grilled Cheese Sandwich Munchies Snack Mix Baby Carrots w/ Ranch Dip Applesauce Cup Choice of Cold Milk	**25** **NO SCHOOL**	**26** **NO SCHOOL**	**27** **NO SCHOOL**
30 Cinnamon Glazed French Toast Sticks ***** Big Daddy's Cheese or Pepperoni Pizza Buttery Mixed Vegetables Diced Pears Choice of Cold Milk				

Did you know?

The full moon on November 24, 2026, is traditionally called the Beaver Moon. In 2026, this will be the second of three "supermoons," appearing larger and brighter than usual.

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

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 $57.60 for school lunches in November.

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 Colors & Giant Cinnamon Goldfish
Tuesday: Cereal & Goldfish Pretzels
Wednesday: Mini Confetti Pancakes
Thursday: Muffin & Goldfish Pretzels
Friday: Goldfish Colors & Chocolate Scooby Grahams

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

This institution is an equal opportunity provider.