

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

November 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 NO SCHOOL	4 Crispy Chicken Strips w/ Warm Biscuit Detroit Style Cheese  or Pepperoni Pizza Seasoned Spiral Fries	5 Restaurant Pizza Buffalo Grilled Chicken Sandwich Tater Tots	6 Chicken & Vegetable Potstickers (Dumplings) w/ Choice of Dipping Sauce Golden Corn Dog Sweet Chili Roasted Baby Carrots
9 Mozzarella Sticks  w/ Marinara Sauce BBQ Pork Rib Sandwich  Bush's Baked Beans	10 Mandarin Orange Chicken over Steamed Rice Alpha Cheese  or Pepperoni Pizza  Steamed Broccoli	11 Popcorn Chicken Smackers w/ Warm Garlic Breadstick Tasty Cheese  or Pepperoni Pizza Seasoned Spiral Fries	12 Restaurant Pizza Hot Ham & Cheese on Croissant  Tater Tots <i>Try it Thursday!</i> Baked Sweet Potato	13 Oven Roasted Chicken Wings w/ BBQ or Buffalo Sauce Garlic Knot Bean & Cheese Burrito Baked Sweet Potato
16 Wild Mike's Cheese Bites  w/ Marinara Sauce Meatball Sub Sandwich Italian Roasted Baby Carrots	17 Cajun Chicken Alfredo w/ Warm Garlic Breadstick Alpha Cheese  or Pepperoni Pizza  Steamed Broccoli	18 Crispy Chicken Strips w/ Warm Biscuit Detroit Style Cheese  or Pepperoni Pizza Seasoned Spiral Fries	19 Restaurant Pizza Chicken Tinga Quesadilla w/ Salsa Cup Tater Tots Latin Baked Black Beans	20 Sliced Turkey & Gravy w/ Warm Dinner Roll Golden Corn Dog Mashed Potatoes w/ Gravy Sweet Corn
23 Bosco Sticks  w/ Marinara Sauce Hot Honey Crispy Chicken Sandwich Sweet Corn	24 Nachos Supreme w/ Queso and Salsa Alpha Cheese  or Pepperoni Pizza  Southwestern Refried Beans	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL
30 Toasted Cheese Ravioli w/ Marinara Sauce  Hot Ham & Cheese on Croissant  Italian Sweet Peas		 Veggie of the Month SWEET POTATOES		Lunch includes: 1 entrée  + 2 veggie choices   + 2 fruit choices   + Milk 

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/ Graham Cracker	Breakfast Burrito	Cinnamon Roll 
Sweet Spot	Glazed Donut Holes 	Pillsbury Chocolate Crescent 	Long John Donut 	Pillsbury Mini Cinnis 	Cinnamon Crumble Square 
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

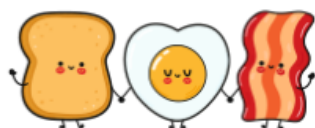
WHAT MAKES A BREAKFAST?

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