

Rockwood High School

April 2019



MEAL PRICES

Student Breakfast	\$1.70
Adult Breakfast	\$1.95
Student Lunch	\$2.70
Student Super Lunch	\$3.00
Adult Lunch	\$3.15
Adult Super Lunch	\$3.35

- ◆ Denotes a super price lunch
- 🌿 Indicates a meatless entrée or meatless option is available. Not all meatless options are vegan.
- 🌱 Indicates a vegan item.
- 🐷 Indicates a pork item.

Lunch includes a main dish (most have grains and meat/meat alternate), fruit, vegetable, and milk. Students must choose a fruit or vegetable for a complete meal.

Daily fruit choices may include: Fresh, Frozen or Canned (in juice or light syrup) or 100% Fruit Juice

Daily vegetable choices may include:

Fresh Veggies w/ Dip, Side Salad, Hot Canned or Frozen Vegetable or Side Salad

Additional Veggies:

Mon: Mashed Potatoes w/ Gravy

Tues: Seasoned Potato Wedges/Crinkle Cut French Fries

Wed: Cheesy Au Gratin Potatoes

Thurs: Tater Tots

Fri: Mashed Potatoes w/ Gravy & Sweet Potato Tots

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@RSDNutrition

Rockwood School District, School

Meals that Rock

Monday	Tuesday	Wednesday	Thursday	Friday
1 ◆ Chef Salad w/ Flatbread 🌿 ◆ Bosco Sticks w/ Marinara Sauce 🌿 ◆ Vegan Hummus Veggie Wrap w/ Chips & Salsa 🌱 Steamed Broccoli Choice of Fruit and/or Juice Choice of Cold Milk	2 ◆ Southwest Salad w/ Flatbread 🌿 ◆ Clux Deluxe Chicken Strips w/ Warm Biscuit Turkey Deli Wrap w/ Chips & Salsa Diced Carrots Fresh Veggies w/ Hummus Choice of Fruit and/or Juice Choice of Cold Milk	3 ◆ Caesar Salad w/ Flatbread ◆ Crispy Dill Chicken Sandwich ◆ Meatball Marinara Sub Sandwich Steamed Cauliflower Fresh Veggies w/ Hummus Choice of Fruit and/or Juice Choice of Cold Milk	4 ◆ Taco Salad w/ Flatbread ◆ Restaurant Pizza 🌿 Chicken Parmesan w/ Buttered Rotini Seasoned Green Beans Choice of Fruit and/or Juice Choice of Cold Milk	5 ◆ Asian Chicken Salad w/ Flatbread ◆ Texas Smoked BBQ 🐷 Nachos w/ Queso Cheese & Steamed Rice Crispy Fish Pollock Sandwich Chili Lime Corn Choice of Fruit and/or Juice Choice of Cold Milk
8 ◆ Chef Salad w/ Flatbread 🌿 ◆ Mini Chicken Tacos w/ Chips & Queso Oven-Fried Bone-in Chicken w/ 3 Cheese Rotini Latin Baked Black Beans Choice of Fruit and/or Juice Choice of Cold Milk	9 ◆ Southwest Salad w/ Flatbread 🌿 ◆ Mozzarella Breaded Cheese Sticks w/ Marinara Sauce 🌿 ◆ Turkey & Cheese Hawaiian Roll Pull Aparts Roasted Sweet Potatoes Choice of Fruit and/or Juice Choice of Cold Milk	10 ◆ Caesar Salad w/ Flatbread #WayBackWednesday Chicken Giggles w/ Warm Breadstick Potato Smiles Orange Smiles Golden Corn Dog Sweet Corn Choice of Fruit and/or Juice Choice of Cold Milk	11 ◆ Taco Salad w/ Flatbread ◆ Restaurant Pizza 🌿 Cheesy Buffalo Chicken Enchilada Roasted Broccoli Choice of Fruit and/or Juice Choice of Cold Milk	12 ◆ Asian Chicken Salad w/ Flatbread Spaghetti w/ Italian Sausage Meat Sauce & Warm Breadstick Fish Taco w/ Chips & Salsa Seasoned Green Beans Choice of Fruit and/or Juice Choice of Cold Milk
15 ◆ Chef Salad w/ Flatbread 🌿 ◆ Buffalo Chicken Crispos w/ Enchilada Sauce ◆ Lasagna Roll-Up w/ Hearty Meat Sauce & Warm Breadstick Diced Carrots Choice of Fruit and/or Juice Choice of Cold Milk	16 ◆ Southwest Salad w/ Flatbread 🌿 ◆ Toasted Ravioli w/ Hearty Meat Sauce Chicken Broccoli Alfredo w/ Warm Breadstick Sauteed Spinach Fresh Veggies w/ Hummus Choice of Fruit and/or Juice Choice of Cold Milk	17 ◆ Caesar Salad w/ Flatbread ◆ Buffalo Chicken Bites w/ 3 Cheese Mac & Cheese ◆ Cheesy Garlic Pizza 🌿 Rippers w/ Marinara Sauce Sweet Peas Fresh Veggies w/ Hummus Choice of Fruit and/or Juice Choice of Cold Milk	18 ◆ Taco Salad w/ Flatbread ◆ Restaurant Pizza 🌿 Holiday Meal! Oven Roasted Turkey w/ Gravy & Warm Biscuit Seasoned Green Beans Choice of Fruit and/or Juice Choice of Cold Milk	19 NO SCHOOL
22 NO SCHOOL	23 ◆ Southwest Salad w/ Flatbread ◆ Clux Deluxe Chicken Strips w/ Warm Biscuit Dill Tuna Salad & Hummus Platter Seasoned Green Beans Choice of Fruit and/or Juice Choice of Cold Milk	24 ◆ Caesar Salad w/ Flatbread ◆ Wild Mike's Cheese Pizza 🌿 Bites w/ Marinara Sauce Fajita Chicken Rice Bowl Fiesta Black Beans Choice of Fruit and/or Juice Choice of Cold Milk	25 ◆ Taco Salad w/ Flatbread ◆ Restaurant Pizza 🌿 Buffalo Chicken & Cheese on Pillsbury French Roll Diced Carrots Choice of Fruit and/or Juice Choice of Cold Milk	26 ◆ Asian Chicken Salad w/ Flatbread ◆ Top n' Go Tostitos "Walking Taco" State Fair Pulled Turkey Sandwich Steamed Broccoli Choice of Fruit and/or Juice Choice of Cold Milk
29 ◆ Chef Salad w/ Flatbread 🌿 ◆ Popcorn Chicken Smackers w/ Warm Biscuit ◆ Popcorn Chicken Mashed Potato Bowl w/ Warm Biscuit Potato Starz Choice of Fruit and/or Juice Choice of Cold Milk	30 Taste Test Tuesday! ◆ Southwest Salad w/ Flatbread 🌿 ◆ Mozzarella Breaded Cheese Sticks w/ Marinara Sauce 🌿 Black Bean Sweet Potato Enchilada w/ Chips & Salsa 🌿 Fiesta Black Beans Choice of Fruit and/or Juice Choice of Cold Milk	1 ◆ Caesar Salad w/ Flatbread ◆ Mandarin Orange Chicken Rice Bowl Chicken Quesadilla Steamed Broccoli Choice of Fruit and/or Juice Choice of Cold Milk	2 ◆ Taco Salad w/ Flatbread ◆ Restaurant Pizza 🌿 Buffalo Chicken Cheesy Pasta w/ Warm Breadstick Sweet Peas Choice of Fruit and/or Juice Choice of Cold Milk	3 ◆ Asian Chicken Salad w/ Flatbread ◆ Spicy Chicken Sandwich ◆ King's Delight Crispy Chicken Sandwich Housemade Mini Meatloaf w/ Biscuit & Mashed Potatoes Diced Carrots Choice of Fruit and/or Juice Choice of Cold Milk



Daily Main Dish

Options Include:

- ◆ Grilled Chicken Sandwich
- Low Fat Turkey Hot Dog
- ◆ Spicy Black Bean Burger 🌿
- ◆ Deli Sandwiches 🌿
- ◆ Uncrustable PB & J 🌿
- Grilled Cheese Pretzel Roll 🌿
- ◆ Hamburger (100% beef)
- ◆ Cheeseburger (100% beef)

Pizza Choices

- Mon:** ◆ Wild Mike's Pizza 🌿
- Tues:** ◆ Personal Pizza 🌿
- Wed:** ◆ Big Daddy's Pizza 🌿
- Thurs:** ◆ Restaurant Pizza 🌿
- Fri:** ◆ Nardone Buffalo Pizza

Power Protein

Bistro Box

Hardboiled Egg w/ Whole Grain Crackers, Fresh Fruit, and Fresh Veggies

Hummus or Roasted Chickpeas w/ Fresh Veggies, Flatbread, and Fresh Fruit

Cheese and Whole Grain Crackers w/ Fresh Veggies and Fresh Fruit

Daily milk choices:

- Prairie Farms Skim Milk
- Prairie Farms 1% White Milk
- Prairie Farms 1% Chocolate
- Prairie Farms 1% Vanilla
- Prairie Farms 1% Strawberry

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

Rockwood School District is **NOT** Peanut Free! The products we offer may contain or may be produced in a facility that uses common allergens including wheat, soy, milk, eggs, peanuts, tree nuts, fish, or shellfish. Contact your child's school cafeteria manager or Kristin Davis, RD daviskristin@rsdmo.org for menu and allergen questions.

BREAKFAST AT ROCKWOOD MIDDLE AND HIGH. EVERY DAY. ANY WAY YOU LIKE IT.

RISE+SHINE.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	+Breakfast Pizza Savory breakfast turkey sausage and mozzarella cheese on a whole grain-rich crust.	+French Toast Sticks w/ Sausage 🐷 Cinnamon sugar fluffy French toast sticks served with sausage links and syrup.	+Glazed Donut with/ Yogurt 🌱 Sweet and delicious glazed donut served with protein packed yogurt.	+NEW! Chorizo Breakfast Nachos Scrambled eggs piled high on a bed of tortilla chips, drizzled with cheddar cheese sauce and chorizo turkey sausage crumbles.	+Fruit & Yogurt Smoothie 🌱 w/ Graham Crackers Frozen fruit, yogurt, and milk are blended together for a tasty protein boost. Served with Belly Bears Graham Crackers. +Breakfast Burrito
Week 2	+Breakfast Pizza Savory breakfast turkey sausage and mozzarella cheese on a whole grain-rich crust.	+Pancake w/ Sausage 🐷 Fluffy pancake served with a sausage patty.	+Yogurt Banana Split w/ Graham Crackers 🌱 Creamy vanilla yogurt and a fresh banana covered with strawberries and pineapple. Served with Belly Bears Graham Crackers.	+Bacon & Cheese Eggstravaganza Wrap 🐷 Bacon, scrambled eggs, and cheese wrapped up in a whole grain tortilla.	+Warm Cinnamon Roll 🌱 Sweet glazed cinnamon roll served warm.
Breakfast Sandwich Options	+Sausage Egg & Cheese* 🐷 Biscuit Sandwich Warm biscuit stacked tall with sausage patty, egg, and melted cheese.	+Canadian Bacon, Egg & Cheese* Bagel Sandwich Canadian Turkey Ham, fluffy egg, and melted cheese on a whole grain bagel.	+Bacon Egg & Cheese* on Biscuit Sandwich Warm biscuit piled high with turkey bacon, egg, and melted cheese.	+Sausage Egg & Cheese* Croissant Sandwich Sausage, fluffy egg, and melted cheese on a whole grain croissant.	+Canadian Bacon, Egg & Cheese* on English Muffin Toasted English muffin stacked with Canadian turkey bacon, egg, and melted cheese.

Entrée+Fruit+Milk \$1.70

*Meat, cheese, and/or egg-free breakfast sandwiches available

YOU PICK ONE.

-Warm Cinnamon Oatmeal w/ Toppings (MWF)	-Biscuit w/ Jelly
-Bagel w/ Cream Cheese	-Mini Maple Pancakes
-Crunchmania Cinnamon Grahams	
-Sunbutter & Jelly Sandwich	
-Cinnamon Burst Bread Slice	
-Pillsbury Chocolate Filled Crescent Roll	
🌱 All You Pick One items are meatless.	

One Item+Fruit+Milk \$1.70

YOU PICK TWO. (Choose two different items.)

GRAIN CHOICES		PROTEIN CHOICES
-Kellogg's or General Mills Cereal Bar	-Nature Valley Crisps	-Mozzarella Cheese Stick*
-Otis Spunkmeyer muffin	-Mini Honey Wheat Bar	-4 oz Yogurt*
-Kellogg's or General Mills Cereal Bowl	-Granola Pouch	-Hardboiled Egg*
-Kellogg's Cereal Pouch	-Cinnamon Breakfast Cake	-Sunflower Seeds*
-Cheez-its	-Chocolate Chip Powerball (available on Wed.)	
-Pop Tart, Single Pack		*Second choice must be a grain item.
🌱 All You Pick Two items are meatless.		

Two Items+Fruit+Milk \$1.70