

# Rockwood High School

May 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

## Follow us!

🐦 @RSDNutrition

📌 Rockwood School District, School Meals that Rock

Monday	Tuesday	Wednesday	Thursday	Friday
		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 <b>School Lunch Hero Day!</b> ◆ 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
6 ◆ Chef Salad w/ Flatbread 🌿 ◆ Sriracha Chicken Rice Bowl ◆ Chicken Caprese Sandwich on Ciabatta Steamed Broccoli Choice of Fruit and/or Juice Choice of Cold Milk	7 ◆ Southwest Salad w/ Flatbread 🌿 ◆ Toasted Ravioli w/ Hearty Meat Sauce Buffalo Oven Roasted Chicken w/ Warm Biscuit Seasoned Green Beans Choice of Fruit and/or Juice Choice of Cold Milk	8 ◆ Caesar Salad w/ Flatbread ◆ Bosco Sticks w/ Marinara Sauce 🌿 ◆ Broccoli & Cheese Croissant Sandwich 🌿 Sweet Corn Choice of Fruit and/or Juice Choice of Cold Milk	9 ◆ Taco Salad w/ Flatbread ◆ Restaurant Pizza 🌿 Fajita Chicken Rice Bowl Fiesta Black Beans Choice of Fruit and/or Juice Choice of Cold Milk	10 ◆ Asian Chicken Salad w/ Flatbread ◆ Buffalo Chicken Bites w/ 3 Cheese Rotini Crispy Fish Pollock Sandwich Diced Carrots Choice of Fruit and/or Juice Choice of Cold Milk
13 ◆ Chef Salad w/ Flatbread 🌿 ◆ Asian Chicken Rice Bowl ◆ Steak & Cheese Tornadoes w/ Queso and South of the Border Refried Beans Chili Lime Corn Choice of Fruit and/or Juice Choice of Cold Milk	14 ◆ Southwest Salad w/ Flatbread 🌿 ◆ Clux Deluxe Chicken Strips w/ Warm Biscuit Tuna Dill Platter w/ Hummus, Pretzels, Fresh Fruit & Veggies Sauteed Spinach Choice of Fruit and/or Juice Choice of Cold Milk	15 ◆ Caesar Salad w/ Flatbread 🐷 ◆ Texas BBQ Pulled Pork Nachos w/ Cilantro Lime Rice Chicken & Cheese Burrito or Spicy Bean Burrito or Pepperjack Enchilada 🌿 Fiesta Black Beans Choice of Fruit and/or Juice Choice of Cold Milk	16 ◆ Taco Salad w/ Flatbread ◆ Restaurant Pizza 🌿 Penne Pasta Bake w/ Cheesy Garlic Bread ◆ Chips & Flatbread w/ Spinach Cheese Dip Sweet Peas Choice of Fruit and/or Juice Choice of Cold Milk	17 <b>Last Day for Seniors!</b> <b>Manager's Choice</b> Veggie Variety Choice of Fruit and/or Juice Choice of Cold Milk
20 <b>Manager's Choice</b> Veggie Variety Choice of Fruit and/or Juice Choice of Cold Milk	21 <b>FINAL EXAMS</b> Daily Lunch Available Veggie of the Day Fruit of the Day Choice of Fruit and/or Juice Choice of Cold Milk	22 <b>FINAL EXAMS</b> Daily Lunch Available Veggie of the Day Fruit of the Day Choice of Fruit and/or Juice Choice of Cold Milk	23 <b>FINAL EXAMS</b> Daily Lunch Available Veggie of the Day Fruit of the Day Choice of Fruit and/or Juice Choice of Cold Milk	24 <b>NO SCHOOL</b>
27	28	29	30	31



## 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)
- ◆ NEW! Turkey Burger

## Pizza Choices

- Mon:** ◆ Wild Mike's Pizza 🌿
- ◆ Alpha Mexican 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**

# NO SCHOOL: ENJOY YOUR SUMMER!

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](mailto:daviskristin@rsdmo.org) for menu and allergen questions.

This institution is an equal opportunity provider.

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

**RISE+SHINE.**

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

<b>GRAIN CHOICES</b>		<b>PROTEIN CHOICES</b>
-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**