

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the USDA Dietary Guidelines.

We provide students with access to a variety of affordable and appealing foods that meet the health and nutrition needs of students.

2017-2018 Meal Prices

Breakfast \$1.25

Lunch \$2.00

Milk (a la carte) \$0.50

Visit www.myschoolbucks.com to deposit money into your student's meal account!

Online payments are a simple, safe and secure way to make payments to your students account 24 hours a day at your convenience.

Students in K-8th grade who have insufficient funds in their meal accounts to cover the cost of their meal will be extended credit equivalent to two lunch meals. An alternate "courtesy meal" will be offered to students who have reached the maximum credit limit (2 lunch meals).

ROWLAND UNIFIED SCHOOL DISTRICT

NUTRITION SERVICES DEPARTMENT

Visit us Online!
WWW.ROWLANDNUTRITION.ORG

- ⇒ Online Meal Applications
- ⇒ Meal Prepayment Options
- ⇒ School Menus
- ⇒ Menu Nutrition Info
- ⇒ Special Meal Accommodations

Department Address:
1830 S. Nogales St.
Rowland Heights, CA 91748

Phone: 626-854-8315



"Promoting Student Success One Meal at a Time"

Alvarado Intermediate



MENU

Our goal is to provide nutritious and attractive meals to students each day in order to support their education and health.

BREAKFAST

All breakfast meals include a whole grain entrée served with fruit or fruit juice.

Choice of 1% low-fat white milk or fat-free chocolate milk are offered daily with all meals.

LUNCH

All lunch meals include a nutritious entrée served with a variety of fruits and vegetables.

Choice of 1% low-fat white milk or fat-free chocolate milk are offered daily with all meals.

* = Food contains pork

Menu Subject to change.
Menu item availability may vary.

This institution is an equal opportunity provider.

BREAKFAST MENU

Weeks of 9/4, 9/18, 10/2, 10/16, 10/30, 11/13, & 12/4

MONDAY	Cinnamon Bun Breakfast Muffin
TUESDAY	Breakfast Sausage Biscuit* PB&J Graham Wafer
WEDNESDAY	Mini Pancakes Cereal Bar w/ Yogurt
THURSDAY	Egg & Cheese BF Sandwich Concha Pan Dulce
FRIDAY	Cheese Pizza Bagel PB&J Jamwich

Weeks of 9/11, 9/25 10/9, 10/23, 11/6, 11/27 & 12/11

MONDAY	Pancake Wrap Honey Bun
TUESDAY	Bagel w/ Cream Cheese Benefit Breakfast Bar
WEDNESDAY	Breakfast Pizza Crumble Bread
THURSDAY	French Toast PB&J Jamwich
FRIDAY	Breakfast Sausage Sandwich Buttermilk Bar

* Cold Cereal with Cheese Stick Also Served Daily.

LUNCH MENU

Weeks of 9/4, 9/18, 10/2, 10/16, 10/30, 11/13, & 12/4

MONDAY	Chicken Sandwich Turkey & Cheese Wrap
TUESDAY	Shredded Beef Burrito Chef Salad
WEDNESDAY	Pizza Hut*
THURSDAY	Hamburger or Cheeseburger Tuna Sandwich
FRIDAY	Egg Rolls* w/ Dipping Sauce Cold Sandwich

Weeks of 9/11, 9/25 10/9, 10/23, 11/6, 11/27 & 12/11

MONDAY	Chicken Sandwich Turkey & Cheese Wrap
TUESDAY	Cheeseburger Minis Chef Salad
WEDNESDAY	Pizza Hut*
THURSDAY	Hamburger or Cheeseburger Tuna Sandwich
FRIDAY	Pepperoni Wedge Pizza* Cold Sandwich

* Hot Special of the Day Also Served Daily.