



August 2018

Oswalt Academy Lunch Menu

ROWLAND UNIFIED SCHOOL DISTRICT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

13

Chicken Strips
Golden Corn Niblets
Shredded Lettuce
Awesome Applesauce
Cheez-It Crackers

14

Turkey & Cheese Sandwich
100% Apple Juice
X-Ray Vision Carrots
Garbanzo Beans

15

Double Dogs
Romaine Salad
Jolly Green Peas
Grape Tomatoes
Banana Rama

16

Deluxe Burger
Shredded Lettuce
Sliced Tomatoes & Pickles
Sunny Orange Wedges
Rockin' Raisins
Cookie Treat

17

Wow Butter & Jelly Sandwich
Grape Tomatoes
Crunchy Jicama Sticks
Strawberry & Mango SideKick

20

Wedge Sandwich
Jumpin' Kidney Beans
Perfect Peaches
Rockin' Raisins
States and Capitals Cookies

21

Fiesta Bean & Cheese Burrito
100% Orange Juice
X-Ray Vision Carrots
Crunchy Jicama Sticks

22

NEW RECIPE

Pepperoni Pizza Calzone*
Romaine Salad
Diced Tomatoes
Garbanzo Beans
Fresh Watermelon Spear

23

Chicken Patty Sandwich
Shredded Lettuce
Crisp Pickles
Broccoli Trees
Banana Rama

24

Knott Roll Sandwich
Cauliflower Clouds
Fresh Garden Salad
Crazy Cranberries
Goldfish Pretzels



LUNCH

All lunches served with fruit or vegetable.
Additional fresh fruit and vegetables are available on the food bar.
Condiments offered with appropriate menu items.

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

27

Turkey & Cheese Sandwich
 Shredded Lettuce
 Great Green Beans
 Pleasant Plum
 Scooby Doo Graham Crackers

28

Chicken Nuggets
 Broccoli Trees
 Grape Escape
 Goldfish Crackers

29

Turkey Taco Pocket
 Savory Black Beans
 Romaine Salad
 Golden Corn Niblets
 100% Fruit Juice

30

Mini Cheeseburgers
 Shredded Lettuce
 Sliced Tomatoes & Pickles
 Crunchy Jicama Sticks
 Juicy Pineapple

31

WOW Butter & Jelly Sandwich
 X-Ray Vision Carrots
 Broccoli Trees
 Rockin' Raisins



**HAVE YOU APPLIED FOR
 FREE AND REDUCED-PRICE MEALS
 FOR THE 2018-2019 SCHOOL YEAR?**

Meal applications must be renewed every school year.

**Apply online at
<https://rowlandusd.rocketscanapps.com>**

Meal applications are also available at both the school office and the Nutrition Services office located at 1830 S. Nogales Street, Rowland Heights, 91748

For more information, please call Nutrition Services at (626) 854-8312.



Visit
www.rowlandnutrition.org
 For the latest news and menus!

PREPAYMENTS

Meal payments can be made at the school cafeteria or the District Office.

Cash and checks are accepted.

Please make checks payable to: RUSD Nutrition Services.

To pay online visit: www.myschoolbucks.com* (fees may apply).



Earn 1 BONUS MEAL when you make an **online payment** of \$40.00 or more into a student's account.

*MySchoolBucks transaction fee is \$ 2.49

Lunch Price
 Grades K-8 Price \$2.00
 Milk A La Carte \$0.50

