



August 2018

Elementary and Academy Menu

ROWLAND UNIFIED SCHOOL DISTRICT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

13

BREAKFAST

WG Crumble Bread
Rockin' Raisins
Sweet Apricots

LUNCH

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

14

BREAKFAST

Cinnamon French Toast
Crazy Cranberries
Fun Fruit Mix

LUNCH

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

15

BREAKFAST

WG Blueberry Muffin
Grape Escape
Perfect Peaches

LUNCH

Double Dogs
Romaine Salad
Jolly Green Peas
Grape Tomatoes
Banana Rama

16

BREAKFAST

WG Oatmeal Benefit Bar
100% Orange Juice
Care Pears

LUNCH

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

17

BREAKFAST

Breakfast on a Stick
Juicy Pineapple
Crazy Cranberries

LUNCH

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

20

BREAKFAST

WG Maple Mini Pancakes
100% Fruit Juice
Awesome Applesauce

LUNCH

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

21

BREAKFAST

Cinnamon Toast Cereal Cup
Apple Crunchers
Care Pears

LUNCH

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

22

BREAKFAST

WG Cinnamon Bun
Rockin' Raisins
Sweet Apricots

NEW RECIPE

LUNCH

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

23

BREAKFAST

WG Concha Pan Dulce
Nice Nectarine
Fun Fruit Mix

LUNCH

Chicken Patty Sandwich
Shredded Lettuce
Crisp Pickles
Broccoli Trees
Banana Rama

24

BREAKFAST

Chicken Biscuit Sandwich
Pleasant Plum
Perfect Peaches

LUNCH

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

BREAKFAST

All breakfasts served with fruit or fruit juice.
A second choice cereal and string cheese entrée is available daily.
Choice of nonfat and 1% low-fat milk are offered daily with all meals.



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

BREAKFAST

Breakfast Pizza Bagel
100% Orange Juice
Crazy Cranberries

LUNCH

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

28

BREAKFAST

WG Buttermilk Bar
Banana Rama
Awesome Applesauce

LUNCH

Chicken Nuggets
Broccoli Trees
Grape Escape
Goldfish Crackers

29

BREAKFAST

WG Honey Bun
Awesome Applesauce
Fun Fruit Mix

LUNCH

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

30

BREAKFAST

WG Banana Muffin
Crazy Cranberries
Perfect Peaches

LUNCH

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

31

BREAKFAST

Mini Pork Sausage Biscuit*
Nice Nectarine
Care Pears

LUNCH

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

Breakfast Price

Grades K-6 Price \$1.15
Grades 7-8 Price \$1.25

Lunch Price

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



*Contains Pork

WG= Whole Grain