



ROWLAND UNIFIED SCHOOL DISTRICT

September 2018

Elementary and Academy Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

NO SCHOOL

4

BREAKFAST
Breakfast on a Stick
 100% Fruit Juice
 Perfect Peaches

LUNCH
Chicken Patty Sandwich
 Shredded Lettuce
 Crisp Pickles
 Broccoli Trees
 Rockin' Raisins

5

BREAKFAST
WG Maple Mini Pancakes
 Juicy Pineapple
 Fun Fruit Mix

NEW RECIPE **LUNCH**
Pepperoni Pizza Calzone*
 Romaine Salad
 Cool Cucumber Slices
 Grape Tomatoes
 Awesome Applesauce

6

BREAKFAST
WG Bagel with Cream Cheese
 Care Pears
 Nice Nectarine

LUNCH
Double Dogs
 Cauliflower Clouds
 Garbanzo Beans
 Banana Rama
 Bug Bites Graham Crackers

7

BREAKFAST
Breakfast Crumble Bread
 Crazy Cranberries
 Pleasant Plum

LUNCH
Wedge Sandwich
 100% Apple Juice
 Crunchy Jicama Sticks
 X-Ray Vision Carrots
September Birthday Cupcake

10

BREAKFAST
Breakfast Sausage Pizza*
 100% Orange Juice
 Crazy Cranberries

LUNCH
WOW Butter & Jelly Sandwich
 Golden Corn Niblets
 Jumpin' Kidney Beans
 Nice Nectarine
 Scooby Doo Graham Crackers

11

BREAKFAST
WG Concha Pan Dulce
 Rockin' Raisins
 Sweet Apricots

LUNCH
Deluxe Burger
 Crisp Pickles
 X-Ray Vision Carrots
 Crispy Celery Sticks
 Banana Rama
 Goldfish Crackers

12

BREAKFAST
WG Chocolate Chip Muffin
 Awesome Applesauce
 Fun Fruit Mix

LUNCH
Fiesta Bean & Cheese Burrito
 Romaine Salad
 Grape Tomatoes
 Fresh Watermelon Spear

13

BREAKFAST
PBJ Graham Sandwich
 Juicy Pineapple
 Perfect Peaches

LUNCH
Chicken Strips
 Dinner Roll
 Broccoli Trees
 Savory Black Beans
 Crazy Cranberries

14

BREAKFAST
"Roll Your Own" Egg & Cheese Burrito
 Apple Crunchers
 Care Pears

LUNCH
Turkey & Cheese Sandwich
 Shredded Lettuce
 Diced Tomatoes
 Crunchy Jicama Sticks
 Strawberry and Mango SideKick

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. Choice of nonfat and 1% low-fat milk are offered daily with all meals.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17

BREAKFAST

Cinnamon French Toast
Rockin' Raisins
Sweet Apricots

LUNCH

Knott Roll Sandwich
Shredded Lettuce
Grape Tomatoes
100% Fruit Juice

18

BREAKFAST

Breakfast Crumble Bread
Crazy Cranberries
Fun Fruit Mix

LUNCH

Mini Cheeseburgers
Crisp Pickles
X-Ray Vision Carrots
Garbanzo Beans

19

BREAKFAST

WG Cinnamon Bun
Grape Escape
Perfect Peaches

LUNCH

Chicken Nuggets
Cauliflower Clouds
Broccoli Trees
Banana Rama
Goldfish Crackers

20

BREAKFAST

WG Blueberry Muffin
100% Orange Juice
Care Pears

LUNCH

Turkey Taco Pocket
Savory Black Beans
Golden Corn Niblets
Rockin' Raisins

21

NO SCHOOL



24

BREAKFAST

WG Maple Mini Pancakes
100% Fruit Juice
Awesome Applesauce

LUNCH

Wedge Sandwich
Romaine Salad
Jumpin' Kidney Beans
Rockin' Raisins
States and Capitals Cookies

25

BREAKFAST

Oatmeal & Chocolate Benefit Bar
Juicy Pineapple
Care Pears

LUNCH

Double Dogs
X-Ray Vision Carrots
Crunchy Jicama Sticks
100% Orange Juice

26

BREAKFAST

Cinnamon Toast Cereal Cup
Rockin' Raisins
Sweet Apricots

NEW RECIPE

LUNCH

Pasta with Meat Sauce
Fresh Garden Salad
Diced Tomatoes
Golden Corn Niblets
Strawberry and Mango SideKick

27

BREAKFAST

WG Concha Pan Dulce
Nice Nectarine
Fun Fruit Mix

LUNCH

Pepperoni Pizza Calzone*
Garbanzo Beans
Broccoli Trees
Fresh Watermelon Spear

28

BREAKFAST

Breakfast on a Stick
Pleasant Plum
Perfect Peaches

LUNCH

Teriyaki Chicken and Steamed Rice
Cauliflower Clouds
Fresh Garden Salad
Crazy Cranberries
Goldfish Pretzels

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.

MEAL PREPAYMENTS

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

Visit our website: www.rowlandnutrition.org

For the latest news and menus!