

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.

### 2018-2019 Meal Prices

**Breakfast \$1.25**

**Lunch \$2.10**

**Milk (a la carte) \$0.50**

**Visit [www.myschoolbucks.com](http://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.

ROWLAND UNIFIED SCHOOL DISTRICT

## **NUTRITION SERVICES DEPARTMENT**

**Visit us Online!**

**[WWW.ROWLANDNUTRITION.ORG](http://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"**

# **Nogales & Rowland HIGH SCHOOL**



## **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

<b>MONDAY</b>	Concha Pan Dulce <b>NEW!</b> Yogurt with Sunrise Bites Cereal with String Cheese
<b>TUESDAY</b>	Warm Bagel w/Cream Cheese PB&J Jamwich Cereal with String Cheese
<b>WEDNESDAY</b>	Warm Honey Bun Breakfast on a Stick <b>NEW!</b> Cereal with String Cheese
<b>THURSDAY</b>	Breakfast Muffin <b>NEW!</b> PB&J Jamwich Cereal with String Cheese
<b>FRIDAY</b>	Breakfast Pizza Bagel <b>NEW!</b> Chocolate Chip Breakfast Bar Cereal with String Cheese

## **New! Breakfast & Lunch Monthly Specials**

**A new breakfast and lunch menu item will be introduced on a monthly basis. If the item is popular, it will be added into the permanent menu rotation! Don't forget to stop by and give us your feedback!**

## LUNCH MENU

### AVAILABLE DAILY

Pizza Hut Variety  
Deli Sandwich  
Gourmet Deli Wrap  
Gourmet Entrée Salad  
Yogurt Parfait

### AVAILABLE WEEKLY

<b>MONDAY</b>	Cheeseburger Minis Pork & Cheese Tamale* Bean & Cheese Burrito <b>NEW!</b>
<b>TUESDAY</b>	Spicy Chicken Sandwich Meatball Sandwich Grilled Cheese Sandwich
<b>WEDNESDAY</b>	Cheeseburger Teriyaki Chix & Rice Bowl <b>NEW!</b> Bean & Cheese Burrito <b>NEW!</b>
<b>THURSDAY</b>	Spicy Chicken Sandwich Egg Rolls* Grilled Cheese Sandwich
<b>FRIDAY</b>	Orange Chix & Rice Bowl <b>NEW!</b> Pork Rib-B-Que* Bean & Cheese Burrito <b>NEW!</b>