

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 \$2.00

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.

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"

Giano & 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



MONDAY	Mini Pancakes PB&J Graham Wafer Cereal with String Cheese
TUESDAY	Bagel w/ Cream Cheese Breakfast Muffin Cereal with String Cheese
WEDNESDAY	Breakfast Pizza Concha Pan Dulce Cereal with String Cheese
THURSDAY	French Toast PB&J Jamwich Cereal with String Cheese
FRIDAY	Beef Sausage Sandwich Buttermilk 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

MONDAY	Hamburger Baja Chicken Salad Special of the Day
TUESDAY	Pepperoni Pizza Wedge Chef Salad Special of the Day
WEDNESDAY	Spicy Chicken Sandwich Tuna Salad Special of the Day
THURSDAY	Pizza Hut*
FRIDAY	Chicken Corn Dog Cold Deli Sandwich Special of the Day