

OCTOBER 2018

ROWLAND UNIFIED SCHOOL DISTRICT SANTANA HIGH SCHOOL MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1</p> <p>BREAKFAST WG Honey Bun Orange Juice Crazy Cranberries</p> <p>LUNCH Orange Chicken with Steamed Rice Great Green Beans Jumpin' Kidney Beans Apple Crunchers Scooby Doo Graham Crackers</p>	<p>2</p> <p>BREAKFAST WG Buttermilk Bar Rockin' Raisins Fun Fruit Mix</p> <p>LUNCH BBQ Rib Sandwich* Creamy Mashed Potatoes Golden Corn Niblets Outrageous Oranges</p>	<p>3</p> <p>BREAKFAST Breakfast Pizza Bagel Perfect Peaches Awesome Applesauce</p> <p>LUNCH Pizza Hut Pizza*</p> 	<p>4</p> <p>BREAKFAST Mini Pork Sausage Biscuit* Banana Rama Care Pears</p> <p>LUNCH Taco Salad Shredded Lettuce Shredded Cheese Diced Tomatoes Crunchy Jicama Sticks Juicy Pineapple</p>	<p>5</p> <p>BREAKFAST WG Blueberry Muffin Apple Crunchers Kiwi Wedges</p> <p>LUNCH Cheese Pizza Wedge Fresh Garden Salad Cool Cucumber Slices SideKick Fruit Treat Vanilla Wafer Cookies</p>
<p>8</p> <p>BREAKFAST WG Bagel with Cream Cheese Apple Juice Rockin' Raisins</p> <p>LUNCH Deluxe Burger Tater Tots Shredded Lettuce Crisp Pickles Fresh Fruit</p>	<p>9</p> <p>BREAKFAST Breakfast on a Stick Outrageous Oranges Care Pears</p> <p>LUNCH Chicken Strips Broccoli Trees Garbanzo Beans Banana Rama Kid's Snack Mix</p>	<p>10</p> <p>NO SCHOOL</p>  <p>STUDENT FREE DAY</p>	<p>11</p> <p>BREAKFAST Breakfast Crumble Bread Grape Escape Tasty Tangerine</p> <p>LUNCH Beef Dippers with Steamed Rice Fresh Garden Salad Cool Cucumber Slices Apple Crunchers</p>	<p>12</p> <p>BREAKFAST Chicken and Waffles Sweet Strawberries Kiwi Wedges</p> <p>LUNCH Cheese Lasagna Dinner Roll Fresh Garden Salad Cauliflower Clouds Fruit Juice</p>
<p>15</p> <p>BREAKFAST WG Chocolate Chip Muffin Orange Juice Fun Fruit Mix</p>  <p>LUNCH Teriyaki Chicken with Steamed Rice Great Green Beans Jumpin' Kidney Beans Rockin' Raisins States and Capitals Cookies</p>	<p>16</p> <p>BREAKFAST Super Star Powdered Bite Yogurt Delight Apple Crunchers Kiwi Wedges</p> <p>LUNCH Mini Corn Dogs French Fries Zucchini Coins Lunch Bunch Grapes</p>	<p>17</p> <p>BREAKFAST Breakfast Burrito Perfect Peaches Crazy Cranberries</p> <p>LUNCH Pizza Hut Pizza*</p>  	<p>18</p> <p>BREAKFAST Cinnamon French Toast Banana Rama Awesome Applesauce</p> <p>LUNCH Beef Chili Beans & Chips Shredded Cheese Shredded Lettuce Golden Corn Niblets SideKick Fruit Treat</p>	<p>19</p> <p>BREAKFAST Pancakes & Sausage* Juicy Pineapple Outrageous Oranges</p>  <p>LUNCH Grilled Cheese Sandwich Romaine Salad Grape Tomatoes Apple Crunchers Strawberry Shortbread Crackers</p>

National School Lunch Week - October 15-19, 2018 Stop by the cafeteria and join us for lunch! #lots2love 

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

22

BREAKFAST
Cinnamon Toast Cereal Cup
Awesome Applesauce
Pineapple Tidbits

LUNCH
Rowland Burger
Smiling Potato Wedges
Shredded Lettuce
Crisp Pickles
Apple Crunchers

23

BREAKFAST
WG Banana Muffin
Grape Escape
Fun Fruit Mix


LUNCH
Pork Carnitas*
Spanish Style Rice
Golden Corn Niblets
Romaine Salad
Rockin' Raisins


October 23 - 31

24

BREAKFAST
Beef Sausage Sandwich
Fruit Juice
Perfect Peaches

LUNCH
Pizza Hut Pizza*



25

BREAKFAST
WG Cinnamon Bun
Rockin' Raisins
Kiwi Wedges

LUNCH
Pasta with Meat Sauce
Fresh Garden Salad
Cool Cucumber Slices
Juicy Pineapple

26

BREAKFAST
Breakfast Sausage Pizza*
Fresh Orange Wedges
Crazy Cranberries

LUNCH
Roll Your Own
Bean & Cheese Burrito
Shredded Lettuce
Diced Tomatoes
Crunchy Jicama Sticks
Grape Escape

29

BREAKFAST
WG Maple Mini Pancakes
Fruit Juice
Rockin' Raisins

LUNCH
Chicken Patty Sandwich
Shredded Lettuce
Crisp Pickles
Jumpin' Kidney Beans
Perfect Peaches

30

BREAKFAST
WG Oatmeal Benefit Bar
Juicy Pineapple
Care Pears

BREAKFAST FOR LUNCH
French Toast with Sausage Link*
Orange Juice
Apple Crunchers
X-Ray Vision Carrots
Crispy Celery Sticks

31

NEW ITEM

BREAKFAST
Mini Cinnis
Banana Rama
Awesome Applesauce

LUNCH
Pizza Hut Pizza*




National School Lunch Week
OCTOBER 15-19, 2018

Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

30 million students enjoy healthy lunches every school day.

Parents: Did you know?

- 3/4 cup of vegetables with every lunch
- 1 cup of 1% or fat-free milk
- 1/2 cup serving of fruit daily
- Entrées must include whole grains & lean protein

Read School Meal Success Stories here: <https://traytalk.org>

Follow us on social media:
#NSLW18 • #lots2love • #schoollunch
@NutritionRUSD

Visit our website: www.rowlandnutrition.org



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 fruit and vegetables are available on the food bar. A second choice cold sandwich entrée is available daily.
Condiments offered with appropriate menu items.

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

Have you heard about the Community Eligibility Provision (CEP)?

Rowland Unified has implemented the Community Eligibility Provision for the 2018-2019 School Year, which means students enrolled in a CEP-participating school are eligible to receive free meals without having to complete an Application for Free and Reduced-Price Meals for the 2018-2019 School Year!

Please note: CEP supports only one breakfast and one lunch per student, per school day; second meals or beverages purchased separately must be paid in full at the point of service.

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

Free Breakfast and Lunch for students enrolled at the following CEP participating schools:

- Hurley Elementary
- Northam Elementary
- Rowland Elementary
- Villacorta Elementary
- Yorbita Elementary
- Giano Intermediate
- Santana High School