




# OCTOBER 2018

## ROWLAND UNIFIED SCHOOL DISTRICT ELEMENTARY AND ACADEMY MENU



### MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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

**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**  
**BREAKFAST**  
Mini Cinnis  
Banana Rama  
Awesome Applesauce



**NEW RECIPE** **LUNCH**  
Chicken Soft Taco  
Savory Black Beans  
Golden Corn Niblets  
Lunch Bunch Grapes  
Spooky Halloween Cookie



**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.

- 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](http://www.rowlandnutrition.org)

Parents: Did you know?

school lunch lots 2 love

**BREAKFAST**

All breakfasts served with fruit or fruit juice.

A second choice cereal with 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.

Meal applications for the 2018-2019 school year are still being accepted. Remember, meal applications must be renewed every school year.

To apply online, visit:  
<https://rowlandusd.rocketscanapps.com>

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](http://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

