


OCTOBER 2018

ROWLAND UNIFIED SCHOOL DISTRICT OSWALT ACADEMY LUNCH MENU



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1</p> <p>Orange Chicken with Steamed Rice Great Green Beans Jumpin' Kidney Beans Apple Crunchers Scooby Doo Graham Crackers</p>	<p>2</p> <p>BBQ Rib Sandwich* Creamy Mashed Potatoes Golden Corn Niblets Outrageous Oranges</p>	<p>3</p> <p>Chicken Nuggets X-Ray Vision Carrots Broccoli Trees Grape Escape Goldfish Pretzels</p>	<p>4</p> <p>Taco Salad Shredded Lettuce Shredded Cheese Diced Tomatoes Crunchy Jicama Sticks Juicy Pineapple</p>	<p>5</p> <p>Cheese Pizza Wedge Fresh Garden Salad Cool Cucumber Slices Garbanzo Beans SideKick Fruit Treat Vanilla Wafer Cookies</p>
<p>8</p> <p>Deluxe Burger Tater Tots Shredded Lettuce Crisp Pickles Fresh Fruit</p>	<p>9</p> <p>Chicken Strips Broccoli Trees Banana Rama Kid's Snack Mix</p>	<p>10</p> <p>NO SCHOOL</p>  <p>STUDENT FREE DAY</p>	<p>11</p> <p>Beef Dippers with Steamed Rice Fresh Garden Salad Cool Cucumber Slices Apple Crunchers</p>	<p>12</p> <p>Cheese Lasagna Dinner Roll Fresh Garden Salad Cauliflower Clouds Fruit Juice</p>
<p>15</p> <p>Teriyaki Chicken with Steamed Rice Great Green Beans Jumpin' Kidney Beans Rockin' Raisins States and Capitals Cookies</p>	<p>16</p> <p>Mini Corn Dogs French Fries Zucchini Coins Lunch Bunch Grapes</p> 	<p>17</p> <p>Pepperoni Pizza* Romaine Salad Broccoli Trees Cauliflower Clouds Grape Escape</p> 	<p>18</p> <p>Beef Chili Beans & Chips Shredded Cheese Shredded Lettuce Golden Corn Niblets SideKick Fruit Treat</p>	<p>19</p> <p>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



Menu subject to change

This institution is an equal opportunity provider and employer

*Contains Pork
WG= Whole Grain



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

22

Rowland Burger
Smiling Potato Wedges
Shredded Lettuce
Crisp Pickles
Apple Crunchers

23

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



24

Roasted Chicken
Dinner Roll
X-Ray Vision Carrots
Apple Crunchers
Cheez-It Crackers

25

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

26

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

29

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

30

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

31



Chicken Soft Taco
Savory Black Beans
Golden Corn Niblets
Lunch Bunch Grapes
Spooky Halloween Cookie



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 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



Lunch Price
Grades K-8 Price \$2.00
Milk A La Carte \$0.50

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>

school lunch lots 2 love

National School Lunch Week
OCTOBER 15-19, 2018

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

Parents: Did you know?

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 • #schoolnlunch
@NutritionRUSD

Visit our website: www.rowlandnutrition.org