

November 2018

ROWLAND UNIFIED SCHOOL DISTRICT ELEMENTARY AND ACADEMY MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.



BREAKFAST

All breakfasts served with fruit.

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.

NO SCHOOL



STUDENT FREE DAY

BREAKFAST

Egg, Cheese & Bacon Stick
Perfect Peaches
Awesome Applesauce

LUNCH

Moo Mac & Cheese
Cauliflower Clouds
Romaine Salad
Frozen Juice SideKick
Bug Bites Grahams

New Item

5

BREAKFAST

Honey Bun
Orange Juice
Dried Cherries

LUNCH

Orange Chicken with Steamed Rice
Great Green Beans
Jumpin' Kidney Beans
Care Pears
Scooby Doo Grahams

6

BREAKFAST

Buttermilk Bar
Rockin' Raisins
Fun Fruit Mix

LUNCH

BBQ Rib Sandwich*
Tasty Tater Tots
Golden Corn Niblets
Romaine Salad
Outrageous Oranges

7

BREAKFAST

Breakfast Pizza Bagel
Kiwi Wedges
Awesome Applesauce

LUNCH

Chicken Nuggets
X-Ray Vision Carrots
Broccoli Trees
Grape Escape
Goldfish Pretzels

8

BREAKFAST

Mini Sausage Biscuit*
Banana Rama
Outrageous Oranges

LUNCH

Taco Salad
Shredded Lettuce
Shredded Cheese
Diced Tomatoes
Crunchy Jicama Sticks
Juicy Pineapple

9

BREAKFAST

Blueberry Muffin
Apple Crunchers
Care Pears

LUNCH

Cheese Pizza
Fresh Garden Salad
Cool Cucumber Slices
Garbanzo Beans
Frozen Juice SideKick
Vanilla Wafer Crackers

12

NO SCHOOL



OBSERVANCE

13

BREAKFAST

Breakfast on a Stick
Awesome Applesauce
Sweet Apricots

LUNCH

Chicken Strips
Fruit Juice
Broccoli Trees
Garbanzo Beans
Snack Kid's Mix

14

BREAKFAST

Maple Mini Pancakes
Kiwi Wedges
Fun Fruit Mix

LUNCH

Turkey & Gravy
Creamy Mashed Potatoes
Buttermilk Biscuit
Golden Corn Niblets
X-Ray Vision Carrots
Dried Cherries

15

BREAKFAST

Breakfast Crumble Bread
Grape Escape
Perfect Peaches

LUNCH

Beef Dunkers with Steamed Rice
Fresh Garden Salad
Cool Cucumber Slices
Grape Tomatoes
Apple Crunchers
Thanksgiving Cookie

16

BREAKFAST

Concha Pan Dulce
Outrageous Oranges
Juicy Pineapple

LUNCH

Cheese Lasagna
Dinner Roll
Cauliflower Clouds
Fresh Garden Salad
Savory Black Beans
Care Pears

*Contains Pork

WG= Whole Grain

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**



<p>19</p> <p>BREAKFAST 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>20</p> <p>BREAKFAST Super Star Powdered Bite Yogurt Apple Crunchers Care Pears</p> <p>LUNCH Mini Corn Dogs Baked Fries Zucchini Coins Fresh Spinach Lunch Bunch Grapes</p>	<p>21</p> <p>BREAKFAST Bagel with Cream Cheese Outrageous Oranges Dried Cherries</p> <p>LUNCH Pepperoni Pizza* Romaine Salad Broccoli Trees Cauliflower Clouds Grape Escape</p>	<p>22</p> <p>BREAKFAST Cinnamon French Toast Banana Rama Sweet Apricots</p> <p>LUNCH Hearty Chili, Chips & Cheese Shredded Lettuce Golden Corn Niblets X-Ray Vision Carrots Frozen Juice SideKick</p>	<p>23</p> <p>BREAKFAST Pancakes and Sausage* Awesome Applesauce Juicy Pineapple</p> <p>LUNCH Grilled "Say Cheese" Sandwich Romaine Salad Grape Tomatoes Garbanzo Beans Apple Crunchers WG Strawberry Shortbread</p>
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Join the Nutrition Services team!

Interested in becoming a Food Service Assistant I (or substitute) at Rowland USD?
Apply online at www.rowlandschools.org → Departments → Personnel Commission
between November 2 and November 28, 2018.
(\$13.51 to \$16.42 per hour / 2 to 3 hours per day)

Any questions, please call 626 854-8388.





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

<p>Breakfast Price Grades K-6 Price \$1.15 Grades 7-8 Price \$1.25</p>		<p>Lunch Price Grades K-8 Price \$2.00 Milk A La Carte \$0.50</p>
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For menus, meal applications, and the latest Nutrition Services news, visit our website:
www.rowlandnutrition.org

