



December 2018



ROWLAND UNIFIED SCHOOL DISTRICT OSWALT ACADEMY LUNCH MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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| <p>3</p> <p>Rowland Burger Smiling Potato Wedges Shredded Lettuce Crisp Pickles Jolly Green Peas Dried Cherries</p> | <p>4</p> <p>Pork Carnitas* Spanish Style Rice Romaine Lettuce Golden Corn Niblets Grape Tomatoes Rockin' Raisins</p> | <p>5</p> <p>Roasted Chicken Dinner Roll X-Ray Vision Carrots Broccoli Trees Apple Crunchers Cheez-It Crackers</p> | <p>6</p> <p>Pasta with Meat Sauce Fresh Garden Salad Cool Cucumber Slices Jumpin' Kidney Beans Juicy Pineapple</p> | <p>7</p> <p>Roll Your Own Burrito Shredded Cheese Shredded Lettuce Diced Tomatoes Crunchy Jicama Sticks Grape Escape</p> |
| <p>10</p> <p>Chicken Patty Sandwich Shredded Lettuce Crisp Pickles Fresh Pear Jumpin' Kidney Beans Perfect Peaches</p> | <p>11</p> <p>French Toast with Sausage Link* Orange Juice Apple Crunchers X-Ray Vision Carrots Crispy Celery Sticks</p> | <p>12</p> <p>Chicken Soft Taco Savory Black Beans Golden Corn Niblets Rockin' Raisins Chocolate Bear Grahams</p> | <p>13</p> <p>Turkey and Gravy Creamy Mashed Potatoes WG Mini Biscuit Great Green Beans Dried Cranberries</p> | <p>14</p> <p>Moo Mac and Cheese Grape Tomatoes Broccoli Trees SideKick Fruit Treat Bug Bites Grahams</p> |

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.



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

17

Orange Chicken
Steamed Rice
Great Green Beans
Crunchy Carrot Coins
Fresh Apple
Holiday Cookie

18

BBQ Rib Sandwich*
Tasty Tator Tots
Golden Corn Niblets
Romaine Lettuce
Outrageous Oranges

19

Chicken Nuggets
Broccoli Trees
Grape Tomatoes
Grape Escape
Vanilla Wafers

20

Cheese Pizza Wedge
Fresh Garden Salad
Cool Cucumber Slices
Garbanzo Beans
SideKick Fruit Treat
Goldfish Pretzels

21

Winter Break**Begins!**

Winter Break
December 21, 2018- January 11, 2019

Happy Holidays!
from Nutrition Services

BREAKFAST

All breakfasts served with fruit or fruit juice.
A second choice cereal and string cheese entrée is available daily.

LUNCH

All lunches served with fruit or vegetable.
Additional fresh fruit and vegetables are available on the food bar.
Condiments offered with appropriate menu items.
Choice of nonfat chocolate and 1% low-fat white 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

Visit our website: www.rowlandnutrition.org

For menus, meal applications, and the latest Nutrition Services news!



@NutritionRUSD