



# December 2018

## ROWLAND UNIFIED SCHOOL DISTRICT ELEMENTARY AND ACADEMY MENU



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p>3</p> <p><b>BREAKFAST</b> Cinnamon Toast Cereal Cup Rockin' Raisins Care Pears</p> <p><b>LUNCH</b> Rowland Burger Smiling Potato Wedges Shredded Lettuce Crisp Pickles Jolly Green Peas Dried Cherries</p>	<p>4</p> <p><b>BREAKFAST</b> Banana Muffin Grape Escape Fun Fruit Mix</p> <p><b>LUNCH</b> Pork Carnitas* Spanish Style Rice Romaine Lettuce Golden Corn Niblets Grape Tomatoes Rockin' Raisins</p>	<p>5</p> <p><b>BREAKFAST</b> Beef Sausage Sandwich Wildberry Juice Perfect Peaches</p> <p><b>LUNCH</b> Roasted Chicken Dinner Roll X-Ray Vision Carrots Broccoli Trees Apple Crunchers Cheez-It Crackers</p>	<p>6</p> <p><b>BREAKFAST</b> Cinnamon Bun Outrageous Oranges Kiwi Wedges</p> <p><b>LUNCH</b> Pasta with Meat Sauce Fresh Garden Salad Cool Cucumber Slices Jumpin' Kidney Beans Juicy Pineapple</p>	<p>7</p> <p><b>BREAKFAST</b> Breakfast Sausage Pizza* Apple Crunchers Dried Cranberries</p> <p><b>LUNCH</b> Roll Your Own Burrito Shredded Cheese Shredded Lettuce Diced Tomatoes Crunchy Jicama Sticks Grape Escape</p>
<p>10</p> <p><b>BREAKFAST</b> Maple Mini Pancakes Apple Juice Rockin' Raisins</p> <p><b>LUNCH</b> Chicken Patty Sandwich Shredded Lettuce Crisp Pickles Fresh Pear Jumpin' Kidney Beans Perfect Peaches</p>	<p>11</p> <p><b>BREAKFAST</b> Oatmeal Benefit Bar Juicy Pineapple Perfect Peaches</p> <p><b>BREAKFAST FOR LUNCH</b> French Toast with Sausage Link* Orange Juice Apple Crunchers X-Ray Vision Carrots Crispy Celery Sticks</p>	<p>12</p> <p><b>BREAKFAST</b> Mini Cinnis Banana Rama Lunch Bunch Grapes</p> <p><b>LUNCH</b> Chicken Soft Taco Savory Black Beans Golden Corn Niblets Rockin' Raisins Chocolate Bear Grahams</p>	<p>13</p> <p><b>New Item</b></p> <p><b>BREAKFAST</b> Harvest Muffin String Cheese Kiwi Wedges Juicy Pineapple</p> <p><b>LUNCH</b> Turkey and Gravy Creamy Mashed Potatoes WG Mini Biscuit Great Green Beans Dried Cranberries</p>	<p>14</p> <p><b>BREAKFAST</b> Egg, Cheese &amp; Bacon Stick Dried Cherries Awesome Applesauce</p> <p><b>LUNCH</b> 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

### BREAKFAST

Honey Bun  
Orange Juice  
Dried Cranberries

### LUNCH

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

18

### BREAKFAST

Buttermilk Bar  
Rockin' Raisins  
Fun Fruit Mix

### LUNCH

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

19

### BREAKFAST

Breakfast Pizza Bagel  
Kiwi Wedges  
Awesome Applesauce

### LUNCH

Chicken Nuggets  
Broccoli Trees  
Grape Tomatoes  
Grape Escape  
Vanilla Wafers

20

### BREAKFAST

Blueberry Muffin  
Apple Crunchers  
Care Pears

### LUNCH

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](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

Visit our website: [www.rowlandnutrition.org](http://www.rowlandnutrition.org)

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



@NutritionRUSD