

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the USDA Dietary Guidelines.

We provide students with access to a variety of affordable and appealing foods that meet their health and nutrition needs.

2018-2019 Meal Prices

Breakfast \$1.25

Lunch \$2.10

Milk (a la carte) \$0.50

Visit www.myschoolbucks.com to deposit money into your student's meal account!

Online payments are a simple, safe and secure way to make payments to your students account 24 hours a day at your convenience.

ROWLAND UNIFIED SCHOOL DISTRICT

NUTRITION SERVICES DEPARTMENT

Visit us Online!

WWW.ROWLANDNUTRITION.ORG

- ⇒ Online Meal Applications
- ⇒ Meal Prepayment Options
- ⇒ School Menus
- ⇒ Menu Nutrition Info
- ⇒ Special Meal Accommodations

**Department Address:
1830 S. Nogales St.
Rowland Heights, CA 91748**

Phone: 626-854-8315



"Promoting Student Success One Meal at a Time"

Nogales & Rowland HIGH SCHOOL



MENU

(NOV. 2018 - FEB. 2019)

Our goal is to provide nutritious and attractive meals to students each day in order to support their education and health.

BREAKFAST

All breakfast meals include a whole grain entrée served with fruit or fruit juice.

Choice of 1% low-fat white milk or fat-free chocolate milk are offered daily with all meals.

LUNCH

All lunch meals include a nutritious entrée served with a variety of fruits and vegetables.

Choice of 1% low-fat white milk or fat-free chocolate milk are offered daily with all meals.

* = Food contains pork

Menu Subject to change.

Menu item availability may vary.

This institution is an equal opportunity provider.

BREAKFAST MENU

MON	Warm Bagel w/Cream Cheese Chocolate Crescent Roll NEW! Yogurt with Sunrise Bites Cereal with String Cheese
TUES	Sunrise Sausage Sandwich NEW! Warm Honey Bun PB&J Jamwich Cereal with String Cheese
WED	Stuffed Breakfast Stick NEW! Twin Buttermilk Bars Yogurt Smoothie & Mini Donuts NEW! Cereal with String Cheese
THURS	Beef Sausage Hawaiian Roll S/W NEW! Breakfast Muffin PB&J Jamwich Cereal with String Cheese
FRI	Chicken & Waffles NEW! Mini Cinnis Chocolate Chip Breakfast Bar Cereal with String Cheese

New! Lunch Monthly Specials (served Tues & Thurs)

New lunch menu items will be introduced on a monthly basis. If the item is popular, it will be added into the permanent menu rotation! Don't forget to stop by and give us your feedback!

LUNCH MENU

AVAILABLE DAILY

Gourmet Entrée Salad
Yogurt Parfait
Bean & Cheese Burrito (M, W, F)
PB& Jelly Sandwich (M, W, F) **NEW!**

AVAILABLE WEEKLY

MON	Penne Pasta w/ Meat Sauce NEW! Chicken Egg Rolls NEW! Pepperoni Pizza Calzone* NEW!
TUES	Turkey Gravy & Mashed Potatoes NEW! Pork & Cheese Tamale* Cheese Breadsticks w/ Marinara NEW! Pizza Hut Pizza—Pepperoni*
WED	Orange Chix & Rice Bowl Cheeseburger French Toast w/ Sausage Links* NEW!
THURS	Cheese Lasagna Bowl NEW! Spicy Chicken Sandwich Pork Egg Rolls* Pizza Hut Pizza—Pepperoni*
FRI	Beef Dunkers & Rice Bowl NEW! Chicken Nuggets NEW! Pork Rib-B-Que*