

# January 2019

## ROWLAND UNIFIED SCHOOL DISTRICT ELEMENTARY AND ACADEMY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14</p> <p><b>BREAKFAST</b> Maple Mini Pancakes Orange Juice Rockin' Raisins</p> <p><b>LUNCH</b> Chicken Nuggets X-Ray Vision Carrots Awesome Applesauce Snack Kid's Mix</p>	<p>15</p> <p><b>BREAKFAST</b> Crumble Bread Awesome Applesauce Perfect Peaches</p> <p><b>LUNCH</b> Chile Verde Burrito* Pinto Beans Romaine Salad Lunch Bunch Grapes</p>	<p>16</p> <p><b>BREAKFAST</b> Bagel with Cream Cheese Grape Escape Fun Fruit Mix</p> <p><b>LUNCH</b> Turkey &amp; Gravy Creamy Mashed Potatoes WG Biscuit Great Green Beans Fresh Pear</p>	<p>17</p> <p><b>BREAKFAST</b> Breakfast on a Stick Kiwi Wedges Care Pears</p> <p><b>LUNCH</b> Beef Dunkers with Savory Rice Broccoli Trees Grape Tomatoes Tangy Tangerine</p>	<p>18</p> <p><b>BREAKFAST</b> Concha Pan Dulce Mixed Berry Cup Pineapple Tidbits</p> <p><b>LUNCH</b> Cheese Lasagna Dinner Roll Fresh Garden Salad Apple Juice</p>
<p>21</p> <p><b>NO SCHOOL</b></p> 	<p>22</p> <p><b>BREAKFAST</b> Super Star Powdered Bite Trix Yogurt Rockin' Raisins Perfect Peaches</p> <p><b>LUNCH</b> Mini Corn Dogs Baked Fries Jolly Green Peas Awesome Applesauce</p>	<p>23</p> <p><b>BREAKFAST</b> Oatmeal Benefit Bar Awesome Applesauce Dried Cranberries</p> <p><b>LUNCH</b> Galaxy Pizza Romaine Salad Broccoli Trees Grape Escape</p>	<p>24</p> <p><b>BREAKFAST</b> Cinnamon French Toast Banana Rama Strawberry Delight</p> <p><b>LUNCH</b> Hearty Chili, Chips &amp; Cheese Shredded Lettuce Golden Corn Niblets Wild Berry Juice</p>	<p>25</p> <p><b>BREAKFAST</b> Pancakes and Sausage* Juicy Pineapple Outrageous Orange</p> <p><b>LUNCH</b> Grilled "Say Cheese" Sandwich Cauliflower Clouds Grape Tomatoes Apple Crunchers Strawberry Shortbread Crackers</p>
<p>28</p> <p><b>BREAKFAST</b> Cinnamon Toast Cereal Cup Awesome Applesauce Pineapple Tidbits</p> <p><b>LUNCH</b> Rowland Burger Golden Wedge Potatoes Shredded Lettuce Crisp Pickles Strawberry Delight</p>	<p>29</p> <p><b>BREAKFAST</b> Banana Muffin Grape Escape Fun Fruit Mix</p> <p><b>LUNCH</b> Pork Carnitas* Spanish Style Rice Golden Corn Niblets Rockin' Raisins</p>	<p>30</p> <p><b>BREAKFAST</b> Concha Pan Dulce Orange Juice Strawberry Delight</p> <p><b>LUNCH</b> Roasted Chicken WG Biscuit X-Ray Vision Carrots Apple Crunchers Cheez-It Crackers</p>	<p>31</p> <p><b>BREAKFAST</b> Cinnamon Bun Kiwi Wedges Perfect Peaches</p> <p><b>LUNCH</b> "Roll Your Own" Chicken Fajita Burrito Pinto Beans Shredded Cheese Shredded Lettuce Fresh Bell Pepper Strips Tangy Tangerine</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.



### 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

### 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.

Visit our website

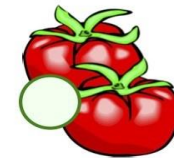
[www.rowlandnutrition.org](http://www.rowlandnutrition.org)



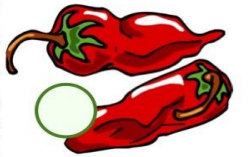
@NutritionRUSD

## VEGETABLES VOCABULARY WORDSEARCH PUZZLE

FIND AND CIRCLE THE WORDS IN THE WORDSEARCH PUZZLE AND NUMBER THE PICTURES



K A A S Y Z O I N D C L R O K  
M W F N E C N G I O A E E G Y  
U O P A E G I W K T U T B A H  
Y Q C E T O O W P O L T M R S  
I S E B O O N Z M M I U U L I  
X J L N S T R C U A F C C I D  
S N E E S U A R P T L E U C A  
O T R E C A G T A O O Q C R R  
E Y Y R V A E A O C W U J A R  
L S J G C F O P R P E G H E K  
E K O H C I T R A A R X P V D  
T N A L P G G E H K P P F L C  
E G A B B A C V P T E S F T J  
U E H C A N I P S P Z R A I K  
T W I Y S B R O C C O L I M F



- 1) ARTICHOKE
- 2) ASPARAGUS
- 3) BROCCOLI
- 4) CABBAGE
- 5) CARROT
- 6) CAULIFLOWER
- 7) CELERY
- 8) CUCUMBER
- 9) EGGPLANT
- 10) GARLIC
- 11) GREENBEANS
- 12) LETTUCE
- 13) ONION
- 14) PEAS
- 15) PEPPER
- 16) POTATO
- 17) PUMPKIN
- 18) RADISH
- 19) SPINACH
- 20) TOMATO



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