

January 2019

ROWLAND UNIFIED SCHOOL DISTRICT SANTANA HIGH SCHOOL MENU

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

Free Breakfast and Lunch!

Rowland USD has implemented the Community Eligibility Provision for the 2018-2019 school year at the following schools:

Hurley Elementary, Northam Elementary, Rowland Elementary, Villacorta Elementary, Yorbita Elementary, Giano Intermediate, and Santana High School

The Community Eligibility Provision (CEP) allows students to receive breakfast and lunch at no charge. Students enrolled in a CEP-participating school are eligible to receive free school meals every school day! All families must complete the Data Collection Survey to ensure that your child's school receives the funding it deserves. Surveys are available in the school office.

To complete the survey online, please visit:

<https://rowlandusd.rocketscanapps.com/lcff/>

Please note: CEP supports only one breakfast and one lunch per student, per school day; second meals or beverages purchased separately must be paid in full at the point of service.

For more information please call Nutrition Services at (626) 854-8312.



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

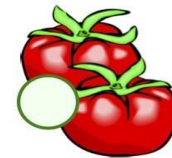
www.rowlandnutrition.org



@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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