

January 2019

ROWLAND UNIFIED SCHOOL DISTRICT OSWALT ACADEMY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 Chicken Nuggets X-Ray Vision Carrots Awesome Applesauce Snack Kid's Mix	15 Chile Verde Burrito* Pinto Beans Romaine Salad Lunch Bunch Grapes	16 Turkey & Gravy Creamy Mashed Potatoes WG Biscuit Great Green Beans Fresh Pear	17 Beef Dunkers with Savory Rice Broccoli Trees Grape Tomatoes Tangy Tangerine	18 Cheese Lasagna Dinner Roll Fresh Garden Salad Apple Juice
21 NO SCHOOL 	22 Mini Corn Dogs Baked Fries Jolly Green Peas Awesome Applesauce	23 Galaxy Pizza Romaine Salad Broccoli Trees Grape Escape	24 Hearty Chili, Chips & Cheese Shredded Lettuce Golden Corn Niblets Wild Berry Juice	25 Grilled "Say Cheese" Sandwich Cauliflower Clouds Grape Tomatoes Apple Crunchers Strawberry Shortbread Crackers
28 Rowland Burger Golden Wedge Potatoes Shredded Lettuce Crisp Pickles Strawberry Delight	29 Pork Carnitas* Spanish Style Rice Golden Corn Niblets Rockin' Raisins	30 Roasted Chicken WG Biscuit X-Ray Vision Carrots Apple Crunchers Cheez-It Crackers	31 "Roll Your Own" Chicken Fajita Burrito Pinto Beans Shredded Cheese Shredded Lettuce Fresh Bell Pepper Strips Tangy Tangerine	

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* (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



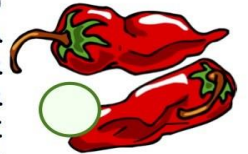
@NutritionRUSD

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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