

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 \$2.00**

**Milk (a la carte) \$0.50**

Visit [www.myschoolbucks.com](http://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](http://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"

# **Giano & Alvarado Intermediate**



## **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

<b>MONDAY</b>	Mini Pancakes Honey Bun <b>NEW!</b> Benefit Breakfast Bar Cereal with String Cheese
<b>TUESDAY</b>	Bagel w/ Cream Cheese Mini Cinnis <b>NEW!</b> Breakfast Muffin Cereal with String Cheese
<b>WEDNESDAY</b>	Breakfast Pizza Concha Pan Dulce Benefit Breakfast Bar Cereal with String Cheese
<b>THURSDAY</b>	French Toast PB&J Jamwich Breakfast Muffin Cereal with String Cheese
<b>FRIDAY</b>	Beef Sausage Sandwich Buttermilk Twin Stix Benefit Breakfast Bar Cereal with String Cheese

## LUNCH MENU

<b>MONDAY</b>	Hamburger Asian Chicken Salad Chef Special of the Day
<b>TUESDAY</b>	Pepp Pizza Calzone <b>NEW!</b> Chef Salad Chef Special of the Day
<b>WEDNESDAY</b>	Spicy Chicken Sandwich Tuna Salad Chef Special of the Day
<b>THURSDAY</b>	Pizza Hut*
<b>FRIDAY</b>	Chicken Nuggets <b>NEW!</b> Baja Chicken Salad Chef Special of the Day

### **New! Lunch Monthly Specials (served Tuesdays)**

**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!**