

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.

2019-2020 Meal Prices

Breakfast \$1.25

Lunch \$2.10

Milk (a la carte) \$0.50

*Students at Nogales High School are entitled to a breakfast and a lunch free of charge through the Community Eligibility Provision (CEP).

Visit www.family.titank12.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

(AUG - OCT 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.

BREAKFAST MENU

MON	Warm Bagel w/Cream Cheese Chocolate Crescent Roll Yogurt Cup with Pop-Tart Cereal with String Cheese
TUES	Sunrise Chicken Sausage Sandwich WG Mini Donuts PB&J Jamwich Cereal with String Cheese
WED	Breakfast Sausage Pizza Warm Honey Bun Yogurt Smoothie & Granola Bar Cereal with String Cheese
THURS	Hand Wrapped Bacon, Egg & Cheese Burrito Chocolate Chip Benefit Breakfast Bar PB&J Jamwich Cereal with String Cheese
FRI	Chicken & Waffles Gooey Pastry Pocket Breakfast Muffin Cereal with String Cheese

LUNCH MENU

AVAILABLE DAILY

Gourmet Entrée Salad
Gourmet Wrap or Sandwich
Yogurt Parfait
Bean & Cheese Burrito (M, W, F)
PB& Jelly Sandwich (M, W, F)

AVAILABLE WEEKLY

MON	Penne Pasta w/ Meat Sauce Chicken Egg Rolls Pepperoni Pizza Calzone*
TUES	Cheese Lasagna w/ WG Breadstick Western Burger Boneless Buffalo Wings Cheese Breadsticks w/ Marinara Sauce Pizza Hut Pizza—Pepperoni*
WED	Chili Mac & Cheese w/ Fritos Spicy Chicken Sandwich French Toast w/ Sausage Links*
THURS	Orange Chix w/ Veggies & Rice Bowl Jalapeno Cheeseburger w/ Fries Pork Egg Rolls* Pizza Hut Pizza—Pepperoni*
FRI	Pork Carnitas Nachos Chicken Nuggets w/ Spicy Chex Mix Jumbo Shrimp Taco

* = Food contains pork

Menu Subject to change.

Menu item availability may vary.

This institution is an equal opportunity provider.