

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 \$2.00**  
**Milk (a la carte) \$0.50**

\*Students at Giano Intermediate are entitled to a breakfast and a lunch free of charge through the Community Eligibility Provision (CEP).

**Visit [www.family.titank12.com](http://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](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"

# Alvarado & Giano Intermediate



## 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.*

\* = Food contains pork

Menu Subject to change.

Menu item availability may vary.

This institution is an equal opportunity provider.

## BREAKFAST MENU

|                  |   |
|------------------|---|
| <b>MONDAY</b>    | <b>Confetti Mini Pancakes</b><br><b>Honey Bun</b><br><b>Benefit Breakfast Bar</b><br><b>Cereal with String Cheese</b>           |
| <b>TUESDAY</b>   | <b>Bagel w/ Cream Cheese</b><br><b>Goey Pastry Pocket</b><br><b>Breakfast Muffin</b><br><b>Cereal with String Cheese</b>        |
| <b>WEDNESDAY</b> | <b>Breakfast Pizza</b><br><b>Concha Pan Dulce</b><br><b>Benefit Breakfast Bar</b><br><b>Cereal with String Cheese</b>           |
| <b>THURSDAY</b>  | <b>French Toast</b><br><b>PB&amp;J Jamwich</b><br><b>Breakfast Muffin</b><br><b>Cereal with String Cheese</b>                   |
| <b>FRIDAY</b>    | <b>Beef Sausage Sandwich</b><br><b>Buttermilk Twin Stix</b><br><b>Benefit Breakfast Bar</b><br><b>Cereal with String Cheese</b> |

## LUNCH MENU

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | <b>Cheeseburger</b><br><b>Asian Chicken Salad</b><br><b>PB &amp; Jelly Sandwich</b><br><b>Chef Special of the Day</b>          |
| <b>TUESDAY</b>   | <b>Chili Mac &amp; Cheese</b><br><b>Chef Salad</b><br><b>PB &amp; Jelly Sandwich</b><br><b>Chef Special of the Day</b>         |
| <b>WEDNESDAY</b> | <b>Spicy Chicken Sandwich</b><br><b>Tuna Salad</b><br><b>PB &amp; Jelly Sandwich</b><br><b>Chef Special of the Day</b>         |
| <b>THURSDAY</b>  | <b>Pizza Hut*</b>  |
| <b>FRIDAY</b>    | <b>Boneless Buffalo Wings</b><br><b>Baja Chicken Salad</b><br><b>PB &amp; Jelly Sandwich</b><br><b>Chef Special of the Day</b> |