



# September 2019

ROWLAND UNIFIED SCHOOL DISTRICT  
ELEMENTARY AND ACADEMY MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>NO SCHOOL</b></p> 	<p>3</p> <p><b>BREAKFAST</b> Oatmeal Benefit Bar Awesome Applesauce Perfect Peaches</p> <p><b>LUNCH</b> Chicken Patty Sandwich Baked Fries Lettuce &amp; Pickles Fresh Grape Tomatoes Dried Cranberries</p>	<p>4</p> <p><b>BREAKFAST</b> Harvest Muffin String Cheese Mixed Berry Cup Rockin' Raisins</p> <p><b>BREAKFAST FOR LUNCH</b> French Toast with Sausage Link* Carrot Coins Crunchy Celery Sticks Banana Rama</p>	<p>5</p> <p><b>BREAKFAST</b> Mini Cinnis Crazy Kiwi Wedges Care Pears</p> <p><b>LUNCH</b> Hearty Turkey &amp; Gravy Creamy Mashed Potatoes Dinner Roll Great Green Beans Lunch Bunch Grapes</p>	<p>6</p> <p><b>BREAKFAST</b> Maple Mini Pancakes Wild Watermelon Fun Fruit Mix</p> <p><b>LUNCH</b> Moo Mac and Cheese Broccoli Trees Fresh Garden Salad Kid's Snack Mix SideKick Frozen Treat</p>
<p>9</p> <p><b>BREAKFAST</b> Honey Bun Wild Berry Juice Pineapple Tidbits</p> <p><b>LUNCH</b> Orange Chicken Steamed Rice Carrot Coins Fresh Garden Salad Apple Crunchers</p>	<p>10</p> <p><b>BREAKFAST</b> Buttermilk Bar Grape Escape Awesome Applesauce</p> <p><b>LUNCH</b> Rowland Burger Tasty Tater Tots Lettuce &amp; Pickles Golden Corn Niblets Outrageous Oranges</p>	<p>11</p> <p><b>BREAKFAST</b> Breakfast Pizza Bagel Outrageous Oranges Fun Fruit Mix</p> <p><b>LUNCH</b> Kickin' Chicken Nuggets Broccoli Trees Grape Tomatoes Fresh Pear Vanilla Mini Wafers</p>	<p>12</p> <p><b>BREAKFAST</b> Mini Pork Sausage Biscuit* Apple Crunchers Perfect Peaches</p> <p><b>LUNCH</b> Taco Salad Shredded Lettuce Shredded Cheese Golden Corn Niblets Banana Rama</p>	<p>13</p> <p><b>BREAKFAST</b> Concha Pan Dulce Dried Cranberries Fresh Pear</p> <p><b>LUNCH</b> WowButter Sandwich X-Ray Vision Carrots Romaine Salad Apple Juice Cheez-It Crackers</p>

### BREAKFAST

- All breakfasts served with fruit or fruit juice.
- A second choice entree of cereal and string cheese is available daily.
- Choice of nonfat chocolate or 1% low-fat white milk is offered daily with all meals.



### LUNCH

- All students must select a minimum 1/2 cup fruit or vegetable with their meal.
- Additional fresh fruit and vegetables are available on the food bar.
- Condiments offered with appropriate menu items.
- Choice of nonfat chocolate or 1% low-fat white milk is offered daily with all meals.
- Second choice entree is a Power Pack - packed with protein, this meal includes a Sunbutter Cup, WG Crackers, Seeds, and Dried Fruit.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

**16**

**BREAKFAST**  
**Dutch Waffle**  
 Orange Juice  
 Fun Fruit Mix

**LUNCH**  
**Golden Chicken Tenders**  
 Fresh Garden Salad  
 Crunchy Corn Niblets  
 Rockin' Raisins  
 Baked Lay's Crisps

**17**

**BREAKFAST**  
**Breakfast on a Stick**  
 Awesome Applesauce  
 Perfect Peaches

**LUNCH**  
**Beef Dippers with Savory Rice**  
 Carrot Coins  
 Grape Tomatoes  
 Fresh Pear  
 Scooby Doo Graham Crackers

**18**

**BREAKFAST**  
**Crumble Bread**  
 Pineapple Tidbits  
 Lunch Bunch Grapes

**LUNCH**  
**Sizzling Chicken Fajita Burrito**  
 Refried Beans  
 Shredded Lettuce  
 Diced Tomatoes  
 Outrageous Oranges


**19**

**BREAKFAST**  
**Strawberry Crisp Bar**  
 Dried Cranberries  
 Care Pears

**LUNCH**  
**BBQ Rib Sandwich\***  
 Potato Wedges  
 Broccoli Trees  
 Fresh Garden Salad  
 Apple Crunchers

**20**

**NO SCHOOL**



**Pupil Free Day**

**23**

**BREAKFAST**  
**Blueberry Muffin**  
 Wild Berry Juice  
 Awesome Applesauce

**LUNCH**  
**Turkey Taco Pocket**  
 Jumpin' Kidney Beans  
 Fresh Garden Salad  
 Rockin' Raisins

**24**

**BREAKFAST**  
**Pancakes and Sausage\***  
 Fun Fruit Mix  
 Outrageous Oranges

**LUNCH**  
**Teriyaki Chicken**  
 Steamed Rice  
 Great Green Beans  
 Banana Rama  
 Goldfish Crackers

**25**

**BREAKFAST**  
**Crumble Bread**  
 Crazy Kiwi Wedges  
 Dried Cranberries

**LUNCH**  
**Galaxy Pepperoni Pizza**  
 Cauliflower Clouds  
 Romaine Salad  
 Grape Escape  
 Chocolate Bear Graham Crackers

**26**

**BREAKFAST**  
**Cinnamon French Toast**  
 Banana Rama  
 Perfect Peaches

**LUNCH**  
**Hearty Chili, Chips, & Cheese**  
 Shredded Lettuce  
 Cool Cucumber Slices  
 Golden Corn Niblets  
 Fresh Apple

**27**

**BREAKFAST**  
**Super Star Powdered Bites**  
 Trix Yogurt  
 Care Pears  
 Rockin' Raisins

**LUNCH**  
**Cheese Bites**  
 Broccoli Trees  
 Fresh Garden Salad  
 Awesome Applesauce  
**Happy Birthday! Cupcake**

**30**

**BREAKFAST**  
**Cinnamon Toast Cereal Cup**  
 Apple Juice  
 Fun Fruit Mix


**LUNCH**  
**Roasted Chicken**  
 Warm Buttermilk Biscuit  
 Great Green Beans  
 X-Ray Vision Carrots  
 Fresh Pear

***Need to make a meal payment?***

Visit <https://family.titank12.com/>  
 Create an account and add funds to your student's account.  
A \$2.60 transaction fee applies.

To link your student(s) you will need their 10-digit ID number.  
 Download the free mobile app!

<b>2019-2020 Meal Prices</b>	
Breakfast (Grades TK-6)	\$1.15
Breakfast (Grades 7-8)	\$1.25
Lunch (Grades TK-8)	\$2.00
Milk A La Carte	\$0.50



**Applications for Free and Reduced Price Meals are available!**

To apply online, visit <https://family.titank12.com/>  
 No login is required, just click on **Apply For Meals Today**

Remember, meal applications must be renewed every school year. Meal applications are also available at the school office and the Nutrition Services office located at 1830 S. Nogales Street, Rowland Heights, 91748

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



**For more updates visit our website [www.rowlandnutrition.org](http://www.rowlandnutrition.org)**

**Follow us on Twitter @NutritionRUSD**

