

OCTOBER 2019



ROWLAND UNIFIED SCHOOL DISTRICT ELEMENTARY & ACADEMY MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

BREAKFAST
Chicken and Waffles
Pineapple Tidbits
Strawberry Cup

LUNCH
Mini Corn Dogs
Romaine Salad
Cauliflower Clouds
Lunch Bunch Grapes
Simply Cheddar Chex

2

BREAKFAST
Breakfast Mini Loaf
Watermelon Spear
Awesome Applesauce

LUNCH
"Roll Your Own" Beef Burrito
Shredded Lettuce
Shredded Cheese
Diced Tomatoes
Golden Corn Niblets
Banana Rama

3

BREAKFAST
Concha Pan Dulce
Outrageous Oranges
Crazy Cranberries

LUNCH
Pasta with Meat Sauce
Dinner Roll
Fresh Garden Salad
Crunchy Jicama Sticks
Lunch Bunch Grapes

4

BREAKFAST
Cinnamon Bun
Fresh Pear
Perfect Peaches

NEW!

LUNCH
Veggie Burger
Smiley Potato Wedges
Lettuce & Pickles
Broccoli Trees
Crazy Kiwi Wedges

7

BREAKFAST
Honey Bun
Wild Berry Juice
Pineapple Tidbits

LUNCH
Orange Chicken
Steamed Rice
Jumpin' Kidney Beans
Carrot Coins
SideKick Frozen Treat

8

BREAKFAST
Buttermilk Bar
Grape Escape
Awesome Applesauce

LUNCH
BBQ Rib Sandwich*
Tasty Tater Tots
Fresh Garden Salad
Great Green Beans
Care Pear



10

BREAKFAST
Mini Pork Sausage Biscuit*
Apple Crunchers
Perfect Peaches

LUNCH
Taco Salad
Shredded Lettuce
Shredded Cheese
Diced Tomatoes
Pinto Beans
Lunch Bunch Grapes

11

BREAKFAST
Maple Mini Pancakes
Crazy Cranberries
Fresh Pear

LUNCH
WowButter Sandwich
Romaine Salad
Cool Cucumber Slices
Apple Juice
Baked Lay's Chips

14

BREAKFAST
Benefit Oatmeal Bar
Awesome Applesauce
Perfect Peaches

15

BREAKFAST
Harvest Muffin
String Cheese
Pineapple Tidbits
Rockin' Raisins

16

BREAKFAST
Breakfast Pizza Bagel
Banana Rama
Fun Fruit Mix

17

BREAKFAST
Mini Cinnis
Crazy Kiwi Wedges
Care Pears

18

BREAKFAST
Concha Pan Dulce
Apple Crunchers
Fun Fruit Mix

NATIONAL SCHOOL LUNCH WEEK -- OCTOBER 14 - OCTOBER 18 -- WHAT'S ON YOUR PLAYLIST?



LUNCH
Chicken Patty Sandwich
Baked Fries
Lettuce & Pickles
Grape Tomatoes
Crazy Cranberries


BREAKFAST FOR LUNCH
French Toast with Sausage Link*
Outrageous Oranges
Carrot Coins
Garbanzo Beans
Crunchy Celery Sticks

LUNCH
Beef Dippers with Savory Rice
Fresh Garden Salad
Broccoli Trees
Red Bell Peppers Strips
Care Pears
Vanilla Mini Wafers

LUNCH
Hearty Turkey & Gravy
Creamy Mashed Potatoes
Dinner Roll
Great Green Beans
Romaine Lettuce
Lunch Bunch Grapes

LUNCH
Galaxy Cheese Pizza
Fresh Garden Salad
Cauliflower Clouds
Jumpin' Kidney Beans
Kid's Snack Mix
SideKick Frozen Treat



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p>BREAKFAST Dutch Waffle Orange Juice Fun Fruit Mix</p> <p>LUNCH Golden Chicken Tenders Fresh Garden Salad Crunchy Corn Niblets Rockin' Raisins Cheez-It Crackers</p>	<p>22</p> <p>BREAKFAST Breakfast on a Stick Awesome Applesauce Care Pears</p> <p>LUNCH Rowland Burger Smiley Potato Wedges Lettuce & Pickles Cool Cucumber Slices Fresh Apple</p>	<p>23</p> <p>NEW! BREAKFAST NEW! Chorizo & Egg Burrito Pineapple Tidbits Lunch Bunch Grapes</p> <p>LUNCH Pepperoni Calzone* Fresh Garden Salad Broccoli Trees Carrot Coins Banana Rama</p>	<p>24</p> <p>BREAKFAST Strawberry Crisp Bar Crazy Cranberries Fresh Pear</p> <p>LUNCH "Roll Your Own" Burrito Shredded Lettuce Shredded Cheese Diced Tomatoes Pinto Beans Mandarin Oranges</p>	<p>25</p> <p>NEW! BREAKFAST NEW! Egg & Cheese English Muffin Rockin' Raisins Awesome Applesauce</p> <p>LUNCH Moo Mac and Cheese Dinner Roll Romaine Salad Red Bell Pepper Strips Crazy Kiwi Wedges</p>
<p>28</p> <p>BREAKFAST Blueberry Muffin Wild Berry Juice Mandarin Oranges</p> <p>LUNCH Chicken Nuggets Fresh Garden Salad Jumpin' Kidney Beans Apple Crunchers Scooby Doo Graham Crackers</p>	<p>29</p> <p>BREAKFAST Pancakes and Sausage* Fun Fruit Mix Lunch Bunch Grapes</p> <p>LUNCH Teriyaki Chicken and Steamed Rice Excellent Edamame Carrot Coins Banana Rama Goldfish Crackers</p>	<p>30</p> <p>BREAKFAST Crumble Bread Fresh Kiwi Wedges Crazy Cranberries</p> <p>LUNCH Galaxy Pepperoni Pizza Romaine Salad Great Green Beans Fresh Pear Chocolate Bear Graham Crackers</p>	<p>31</p> <p>BREAKFAST French Toast Pineapple Tidbits Outrageous Oranges</p> <p>LUNCH Hearty Chili, Chips, & Cheese Shredded Lettuce Golden Corn Niblets Fresh Apple Halloween Cookie</p>	<p><i>Stay Drug Free</i> OCTOBER 23-31 IS RED RIBBON WEEK</p> 

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.



Need to make a meal payment?

Please visit:
<https://family.titank12.com/>

Download the free mobile app!
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.
Please contact Nutrition Services for more information.

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

<p>BREAKFAST</p> <ul style="list-style-type: none"> •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. 	<p>LUNCH</p> <ul style="list-style-type: none"> •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 are offered daily with all meals. •Additional entrees available at lunch.
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For more updates visit our website
www.rowlandnutrition.org
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