

# OCTOBER 2019



## ROWLAND UNIFIED SCHOOL DISTRICT SANTANA HIGH SCHOOL MENU



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**SCHOOL LUNCH:**  
what's on your playlist?

**National School Lunch Week**  
October 14-18, 2019

#NSLW19 #SchoolLunch #LunchPlaylist

**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**  
Pizza Hut Pizza\*

**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

**9**

**NO SCHOOL**

**Pupil Free Day**

**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**  
Pizza Hut Pizza\*

**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><b>BREAKFAST</b> Dutch Waffle Orange Juice Fun Fruit Mix</p> <p><b>LUNCH</b> Golden Chicken Tenders Fresh Garden Salad Crunchy Corn Niblets Rockin' Raisins Cheez-It Crackers</p>	<p>22</p> <p><b>BREAKFAST</b> Breakfast on a Stick Awesome Applesauce Care Pears</p> <p><b>LUNCH</b> Rowland Burger Smiley Potato Wedges Lettuce &amp; Pickles Cool Cucumber Slices Fresh Apple</p>	<p>23</p> <p><b>NEW!</b> <b>BREAKFAST</b> <b>NEW!</b> Chorizo &amp; Egg Burrito Pineapple Tidbits Lunch Bunch Grapes</p> <p><b>LUNCH</b> Pizza Hut Pizza*</p>  	<p>24</p> <p><b>BREAKFAST</b> Strawberry Crisp Bar Crazy Cranberries Fresh Pear</p> <p><b>LUNCH</b> "Roll Your Own" Burrito Shredded Lettuce Shredded Cheese Diced Tomatoes Pinto Beans Mandarin Oranges</p> 	<p>25</p> <p><b>NEW!</b> <b>BREAKFAST</b> <b>NEW!</b> Egg &amp; Cheese English Muffin Rockin' Raisins Awesome Applesauce</p> <p><b>LUNCH</b> Moo Mac and Cheese Dinner Roll Romaine Salad Red Bell Pepper Strips Crazy Kiwi Wedges</p> 
<p>28</p> <p><b>BREAKFAST</b> Blueberry Muffin Wild Berry Juice Mandarin Oranges</p> <p><b>LUNCH</b> Chicken Nuggets Fresh Garden Salad Jumpin' Kidney Beans Apple Crunchers Scooby Doo Graham Crackers</p> 	<p>29</p> <p><b>BREAKFAST</b> Pancakes and Sausage* Fun Fruit Mix Lunch Bunch Grapes</p> <p><b>LUNCH</b> Teriyaki Chicken and Steamed Rice Excellent Edamame Carrot Coins Banana Rama Goldfish Crackers</p> 	<p>30</p> <p><b>BREAKFAST</b> Crumble Bread Fresh Kiwi Wedges Crazy Cranberries</p> <p><b>LUNCH</b> Pizza Hut Pizza*</p>  	<p>31</p> <p><b>BREAKFAST</b> French Toast Pineapple Tidbits Outrageous Oranges</p> <p><b>LUNCH</b> Hearty Chili, Chips, &amp; Cheese Shredded Lettuce Golden Corn Niblets Fresh Apple Halloween Cookie</p>  	<div style="border: 1px dashed black; padding: 10px;"> <p style="color: red; font-size: 1.2em;"><i>Stay Drug Free</i></p> <p style="color: red; font-weight: bold;">OCTOBER 23-31 IS RED RIBBON WEEK</p>  </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;">  <p style="font-weight: bold;">National School Lunch Week</p> <p>October 14-18, 2019</p> <p>#NSLW19 #SchoolLunch #LunchPlaylist</p> </div>

**FREE BREAKFAST AND LUNCH**

Rowland Unified will be participating in the Community Eligibility Provision (CEP) for the 2019-2020 school year.

All students enrolled in a CEP-participating school receive breakfast and lunch at no charge. **The following schools are participating in the Community Eligibility Provision (CEP):** Hurley Elementary, Jellick Elementary, Northam Elementary, Rorimer Elementary, Rowland Elementary, Villacorta Elementary, Yorbita Elementary, Giano Intermediate, Nogaes High School, and Santana High School

**All students are encouraged to stop in for a healthy and delicious meal!**

Please note: CEP supports only one breakfast and one lunch per student, per school day; second meals or beverages purchased separately must be paid in full at the point of sale.

**All families must submit an Education Benefits Form, for more information please call Nutrition Services at (626) 854-8312.**

- 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 are offered daily with all meals.
  - Additional entrees available at lunch.



**For more updates visit our website**  
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