

November 2019

ROWLAND UNIFIED SCHOOL DISTRICT ELEMENTARY AND ACADEMY MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meal applications for the 2019-2020 school year are still being accepted! Remember, meal applications must be renewed every school year.

To apply online, visit: family.titank12.com
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 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.



NO SCHOOL



PUPIL FREE DAY

4

BREAKFAST
Cinnamon Toast Cereal Cup
Apple Juice
Fun Fruit Mix

LUNCH
Breaded Drumstick
Dinner Roll
X-Ray Vision Carrots
Power Packed Peas
Fresh Pear

5

BREAKFAST
Chicken and Waffles
Pineapple Tidbits
Berry Fruit Cup

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

6

BREAKFAST
Breakfast Mini Loaf
Rockin' Raisins
Awesome Applesauce

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

7

BREAKFAST
Concha Pan Dulce
Outrageous Oranges
Crazy Cranberries

LUNCH
Chicken Pot Pie
Warm Biscuit
Fresh Garden Salad
Jumpin' Kidney Beans
Apple Crunchers

8

BREAKFAST
Cinnamon Bun
Fresh Pear
Perfect Peach Cup

LUNCH
Cheese Bites
Fresh Garden Salad
Broccoli Trees
Crazy Kiwi Wedges
Happy Birthday Cupcake

11

NO SCHOOL

VETERANS DAY
OBSERVANCE

12

BREAKFAST
Buttermilk Bar
Wild Berry Juice
Awesome Applesauce

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

13

BREAKFAST
Honey Bun
Grape Escape
Berry Fruit Cup

LUNCH
Orange Chicken
Steamed Rice
Romaine Salad
Carrot Coins
SideKick Frozen Treat

14

BREAKFAST
Mini Pork Sausage Biscuit*
Apple Crunchers
Perfect Peaches

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

15

BREAKFAST
Maple Mini Pancakes
Apricot Cup
Fresh Pear

LUNCH
WowButter Sandwich
Crunchy Celery Sticks
Romaine Salad
Cool Cucumber Slices
Apple Juice

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY**

<p>18</p> <p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce Perfect Peaches</p> <p>LUNCH Chicken Patty Sandwich Lettuce & Pickles Grape Tomatoes Power Packed Peas Crazy Cranberries</p>	<p>19</p> <p>BREAKFAST Harvest Muffin String Cheese Pineapple Tidbits Rockin' Raisins</p> <p>LUNCH French Toast with Sausage Link* Outrageous Oranges Carrot Coins Garbanzo Beans Crunchy Celery Sticks</p>	<p>20</p> <p>BREAKFAST Breakfast Pizza Bagel Banana Rama Fun Fruit Mix</p> <p>LUNCH Beef Dippers with Savory Rice Broccoli Trees Red Bell Pepper Strips Care Pears Vanilla Mini Wafers</p>	<p>21</p> <p>BREAKFAST Mini Cinnis Crazy Kiwi Wedges Care Pears</p> <p>LUNCH Hearty Turkey & Gravy Creamy Mashed Potatoes Dinner Roll Great Green Beans Lunch Bunch Grapes</p>	<p>22</p> <p>BREAKFAST Concha Pan Dulce Apple Crunchers Fun Fruit Mix</p> <p>LUNCH Galaxy Cheese Pizza Fresh Garden Salad Cauliflower Clouds SideKick Frozen Treat Thanksgiving Cookie</p>
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Recipe: Baked Sweet Potatoes and Apples

Baking apples and sweet potatoes together creates a tasty side dish that both kids and adults enjoy. Braeburn, Gala, Honey Crisp, Jonagold, or Jonathan apples work well in this recipe.

Makes: 6 servings (½ cup)	Preparation time: 7 minutes	Cook time: 40 minutes
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Ingredients

- 3 tablespoons brown sugar, packed
- ½ teaspoon cinnamon, ground
- ¼ teaspoon salt
- 2 cups sweet potatoes, peeled, ½-inch cubed
- 3 cups apples, peeled, cored, ½-inch cubed
- 1 tablespoon canola oil
- ¼ cup orange juice
- Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (8-inch X 8-inch) with nonstick cooking spray.
3. In a medium bowl, combine brown sugar, cinnamon, and salt.
4. Toss sweet potatoes, apples, oil, and orange juice in the cinnamon-sugar mixture.
5. Place the sweet potato and apple mixture in the baking dish.
6. Cover with foil and bake for 40 minutes, or until the sweet potatoes are tender.
7. Serve ½ cup.

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!

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



For menus, meal applications, and the latest Nutrition Services news, visit our website:
www.rowlandnutrition.org



@NutritionRUSD