

# November 2019

## ROWLAND UNIFIED SCHOOL DISTRICT SANTANA HIGH SCHOOL MENU



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

### FREE BREAKFAST AND LUNCH

Students enrolled in a CEP - participating school receive a breakfast and lunch at no charge!

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

**Families must submit an Education Benefit 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 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**  
Pizza Hut Pizza\*



**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**  
Pizza Hut Pizza\*



**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
<b>18</b> <b>BREAKFAST</b> Benefit Oatmeal Bar Awesome Applesauce Perfect Peaches  <b>LUNCH</b> Chicken Patty Sandwich Lettuce & Pickles Grape Tomatoes Power Packed Peas Crazy Cranberries	<b>19</b> <b>BREAKFAST</b> Harvest Muffin String Cheese Pineapple Tidbits Rockin' Raisins  <b>LUNCH</b> French Toast with Sausage Link* Outrageous Oranges Carrot Coins Garbanzo Beans Crunchy Celery Sticks	<b>20</b> <b>BREAKFAST</b> Breakfast Pizza Bagel Banana Rama Fun Fruit Mix  <b>LUNCH</b> Pizza Hut Pizza* 	<b>21</b> <b>BREAKFAST</b> Mini Cinnis Crazy Kiwi Wedges Care Pears  <b>LUNCH</b> Hearty Turkey & Gravy Creamy Mashed Potatoes Dinner Roll Great Green Beans Lunch Bunch Grapes	<b>22</b> <b>BREAKFAST</b> Concha Pan Dulce Apple Crunchers Fun Fruit Mix  <b>LUNCH</b> Galaxy Cheese Pizza Fresh Garden Salad Cauliflower Clouds SideKick Frozen Treat Thanksgiving Cookie
 <h1>Thanksgiving Break</h1> <p>November 25th - November 29th NO SCHOOL</p>				

## 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.

<b>Makes:</b> 6 servings (½ cup)	<b>Preparation time:</b> 7 minutes	<b>Cook time:</b> 40 minutes
--	---------------------------------------	---------------------------------

### 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.

For menus,  
meal applications,  
and the latest  
Nutrition Services news,  
visit our website:

[www.rowlandnutrition.org](http://www.rowlandnutrition.org)



@NutritionRUSD

