



December 2019

ROWLAND UNIFIED SCHOOL DISTRICT ELEMENTARY AND ACADEMY MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>BREAKFAST Dutch Waffle Fun Fruit Mix Apple Juice</p> <p>LUNCH Crispy Chicken Tenders Fresh Garden Salad Golden Corn Niblets Rockin' Raisins Cheez-It Crackers</p>	<p>3</p> <p>BREAKFAST Cinnamon Bun Awesome Applesauce Strawberry Delight</p> <p>LUNCH Rowland Burger Smiley Potato Wedges Cool Cucumber Slices Lettuce & Pickles Diced Pears</p>	<p>4</p> <p>BREAKFAST Chorizo & Egg Burrito Lunch Bunch Grapes Pineapple Tidbits</p> <p>LUNCH Pepperoni Calzone* Fresh Garden Salad Broccoli Trees Carrot Coins Banana Rama</p>	<p>5</p> <p>BREAKFAST Breakfast on a Stick Crazy Cranberries Care Pears</p> <p>LUNCH "Roll Your Own" Chicken Burrito Shredded Lettuce Shredded Cheese Diced Tomatoes Pinto Beans Apple Crunchers</p>	<p>6</p> <p>BREAKFAST Egg & Cheese English Muffin Rockin' Raisins Perfect Peaches</p> <p>LUNCH Moo Mac & Cheese Dinner Roll Romaine Salad Crunchy Jicama Sticks Red Bell Pepper Strips Bright Tangerines</p>
<p>9</p> <p>BREAKFAST Blueberry Muffin Care Pears Wildberry Juice</p> <p>LUNCH Cheeseburger Minis Lettuce & Pickles Jumpin' Kidney Beans Strawberry Cup Scooby Doo Graham Crackers</p>	<p>10</p> <p>BREAKFAST French Toast Banana Rama Sliced Pears</p> <p>LUNCH Hearty Chili, Chips, & Cheese Shredded Lettuce Carrot Coins Excellent Edamame Lunch Bunch Grapes</p>	<p>11</p> <p>BREAKFAST Crumble Bread Crazy Kiwis Dried Cranberries</p> <p>LUNCH Galaxy Pepperoni Pizza Romaine Salad Cauliflower Clouds Apple Crunchers Chocolate Bear Graham Crackers</p>	<p>12</p> <p>BREAKFAST Pancakes & Sausage* Perfect Peaches Strawberry Delight</p> <p>LUNCH Teriyaki Chicken & Steamed Rice Fresh Garden Salad Golden Corn Niblets Cool Cucumber Slices Very Berry Blend</p>	<p>13</p> <p>BREAKFAST Super Star Powdered Doughnut Trix Yogurt Pineapple Tidbits Rockin' Raisins</p> <p>LUNCH Grilled "Say Cheese" Sandwich Fresh Garden Salad Broccoli Trees Grape Tomatoes Fresh Fruit</p>

Join the Nutrition Services team!

Interested in becoming a Food Service Assistant I (or substitute) at Rowland USD?

Apply online at www.rowlandschools.org → Departments → Personnel Commission → Classified Job Openings between November 8 and December 5, 2019. (\$13.51 to \$16.42 per hour / 2 to 3 hours per day)
Any questions, call 626 854-8577.



MONDAY

TUESDAY

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16

BREAKFAST

Cinnamon Toast Crunch Cereal Cup
Apple Crunchers
Fun Fruit Mix

LUNCH

Golden Breaded Drumstick
Warm Biscuit
Fresh Garden Salad
Red Bell Pepper Strips
Fresh Fruit

17

BREAKFAST

Chicken & Waffles
Pineapple Tidbits
Strawberry Delight

LUNCH

Mini Corn Dogs
Romaine Salad
Cauliflower Clouds
Savory Black Beans
Fresh Pear
Happy Birthday Cupcake

18

BREAKFAST

Breakfast Mini Loaf
Watermelon Spear
Awesome Applesauce

LUNCH

Turkey & Gravy
Creamy Mashed Potatoes
Dinner Roll
Great Green Beans
Fresh Garden Salad
Lunch Bunch Grapes

19

BREAKFAST

Concha Pan Dulce
Crazy Cranberries
Orange Juice

LUNCH

Bean & Cheese Burrito
Romaine Salad
X-Ray Vision Carrots
Perfect Peaches
Chef's Choice Snack

20

Winter Break



Begins!

Winter Break

December 23, 2019 - January 10, 2020

Happy Holidays!

from Nutrition Services

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



Visit our website:

www.rowlandnutrition.org
For menus, meal applications,
and the latest Nutrition Services
news!



@NutritionRUSD

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.

