

# January 2020

MONDAY




TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Winter Break January 1 - January 10, 2020

<p>13</p> <p><b>BREAKFAST</b> <b>Honey Bun</b> Wild Berry Juice Pineapple Tidbits</p> <p><b>LUNCH</b> <b>Taco Salad</b> Shredded Lettuce Shredded Cheese Diced Tomatoes Rockin' Raisins</p>	<p>14</p> <p><b>BREAKFAST</b> <b>Buttermilk Bar</b> Crazy Cranberries Awesome Applesauce</p> <p><b>LUNCH</b> <b>Teriyaki Chicken with Steamed Rice</b> Great Green Beans Fresh Garden Salad Carrot Coins Care Pears</p>	<p>15</p> <p><b>BREAKFAST</b> <b>Breakfast Pizza Bagel</b> Grape Escape Strawberry Cup</p> <p><b>LUNCH</b> <b>Pizza Hut Pizza*</b></p> 	<p>16</p> <p><b>BREAKFAST</b> <b>Mini Pork Sausage Biscuit*</b> Apple Crunchers Perfect Peaches</p> <p><b>LUNCH</b> <b>Golden Chicken Nuggets</b> Fresh Garden Salad Corn Niblets Savory Black Beans Banana Rama Cheez It Crackers</p>	<p>17</p> <p><b>BREAKFAST</b> <b>Maple Mini Pancakes</b> Strawberry Cup Kiwi Halves</p> <p><b>LUNCH</b> <b>WowButter Sandwich</b> Romaine Salad Crunchy Celery Sticks Grape Tomatoes Apple Juice</p>
<p>20</p> <p><b>NO SCHOOL</b></p> 	<p>21</p> <p><b>BREAKFAST</b> <b>Harvest Muffin</b> String Cheese Orange Juice Rockin' Raisins</p> <p><b>BREAKFAST FOR LUNCH</b> <b>French Toast with Sausage Link*</b> Carrot Coins Crunchy Jicama Sticks Mandarin Oranges</p>	<p>22</p> <p><b>BREAKFAST</b> <b>Oatmeal Benefit Bar</b> Awesome Applesauce Very Berry Blend</p> <p><b>LUNCH</b> <b>Pizza Hut Pizza*</b></p> 	<p>23</p> <p><b>BREAKFAST</b> <b>Mini Cinnis</b> Kiwi Halves Care Pears</p> <p><b>LUNCH</b> <b>Turkey &amp; Gravy</b> Creamy Mashed Potatoes WG Dinner Roll Great Green Beans Lunch Bunch Grapes</p>	<p>24</p> <p><b>BREAKFAST</b> <b>Concha Pan Dulce</b> Fresh Apple Pineapple Tidbits</p> <p><b>LUNCH</b> <b>Galaxy Cheese Pizza</b> Romaine Salad Cool Cucumber Slices Jumpin' Kidney Beans SideKick Frozen Treat</p>

**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.
- Additional entrees available at lunch.



\*Contains pork  
WG= Whole Grain  
Menu subject to change

# MONDAY

27

**BREAKFAST**  
Cinnamon Bun  
Apple Juice  
Fun Fruit Mix

**LUNCH**  
Rowland Burger  
Smiley Potato Wedges  
Lettuce & Pickles  
Jolly Green Peas  
Rockin' Raisins

# TUESDAY

28

**BREAKFAST**  
Dutch Waffle  
Awesome Applesauce  
Banana Rama

**LUNCH**  
Golden Chicken Tenders  
Fresh Garden Salad  
Corn Niblets  
Perfect Peaches  
WG Goldfish Crackers

# WEDNESDAY

29

**BREAKFAST**  
Chorizo & Egg Burrito  
Lunch Bunch Grapes  
Fresh Pear

**LUNCH**  
Pizza Hut Pizza\*



# THURSDAY

30

**BREAKFAST**  
Concha Pan Dulce  
Crazy Cranberries  
Orange Wedges

**LUNCH**  
Chicken Fajitas with Spanish Rice  
Pinto Beans  
Shredded Lettuce  
Shredded Cheese  
Diced Tomatoes  
Apple Crunchers

# FRIDAY

31

**BREAKFAST**  
Egg & Cheese English Muffin  
Rockin' Raisins  
Strawberry Delight

**LUNCH**  
Moo Mac & Cheese  
WG Dinner Roll  
Romaine Salad  
Red Bell Pepper Strips  
Kiwi Halves  
Kiwi Halves

## VEGETABLES VOCABULARY WORDSEARCH PUZZLE

FIND AND CIRCLE THE WORDS IN THE WORDSEARCH PUZZLE AND NUMBER THE PICTURES



K A A S Y Z O I N D C L R O K  
M W F N E C N G I O A E E G Y  
U O P A E G I W K T U T B A H  
Y Q C E T O O W P O L T M R S  
I S E B O O N Z M M I U U L I  
X J L N S T R C U A F C C I D  
S N E E S U A R P T L E U C A  
O T R E C A G T A O O Q C R R  
E Y Y R V A E A O C W U J A R  
L S J G C F O P R P E G H E K  
E K O H C I T R A A R X P V D  
T N A L P G G E H K P P F L C  
E G A B B A C V P T E S F T J  
U E H C A N I P S P Z R A I K  
T W I Y S B R O C C O L I M F



- 1) ARTICHOKE
- 2) ASPARAGUS
- 3) BROCCOLI
- 4) CABBAGE
- 5) CARROT
- 6) CAULIFLOWER
- 7) CELERY
- 8) CUCUMBER
- 9) EGGPLANT
- 10) GARLIC
- 11) GREENBEANS
- 12) LETTUCE
- 13) ONION
- 14) PEAS
- 15) PEPPER
- 16) POTATO
- 17) PUMPKIN
- 18) RADISH
- 19) SPINACH
- 20) TOMATO



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## FREE BREAKFAST AND LUNCH

Students enrolled in a CEP - participating school receive one breakfast and one lunch per school day at no charge!\*

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

*\*Second breakfast and/or lunch must be paid at the time of service.*

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

Visit our website:  
[www.rowlandnutrition.org](http://www.rowlandnutrition.org)  
For menus, meal applications,  
and the latest Nutrition Services  
news!



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