

# January 2020

## ROWLAND UNIFIED SCHOOL DISTRICT ELEMENTARY AND ACADEMY MENU

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### Winter Break January 1 - January 10, 2020

<p>13</p> <p><b>BREAKFAST</b> Honey Bun Wild Berry Juice Pineapple Tidbits</p> <p><b>LUNCH</b> Taco Salad Shredded Lettuce Shredded Cheese Diced Tomatoes Rockin' Raisins</p>	<p>14</p> <p><b>BREAKFAST</b> Buttermilk Bar Crazy Cranberries Awesome Applesauce</p> <p><b>LUNCH</b> Teriyaki Chicken with Steamed Rice Great Green Beans Fresh Garden Salad Carrot Coins Care Pears</p>	<p>15</p> <p><b>BREAKFAST</b> Breakfast Pizza Bagel Grape Escape Strawberry Cup</p> <p><b>LUNCH</b> BBQ Rib Sandwich* Tasty Tater Tots Romaine Salad Apple Crunchers</p>	<p>16</p> <p><b>BREAKFAST</b> Mini Pork Sausage Biscuit* Apple Crunchers Perfect Peaches</p> <p><b>LUNCH</b> Golden Chicken Nuggets Fresh Garden Salad Corn Niblets Banana Rama Cheez It Crackers</p>	<p>17</p> <p><b>BREAKFAST</b> Maple Mini Pancakes Strawberry Cup Kiwi Halves</p> <p><b>LUNCH</b> WowButter Sandwich 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> Harvest Muffin String Cheese Orange Juice Rockin' Raisins</p> <p><b>BREAKFAST FOR LUNCH</b> French Toast with Sausage Link* Carrot Coins Crunchy Jicama Sticks Mandarin Oranges</p>	<p>22</p> <p><b>BREAKFAST</b> Oatmeal Benefit Bar Awesome Applesauce Very Berry Blend</p> <p><b>LUNCH</b> Orange Chicken with Steamed Rice Red Bell Pepper Strips Cauliflower Clouds Bright Tangerines Vanilla Mini Wafers</p>	<p>23</p> <p><b>BREAKFAST</b> Mini Cinnis Kiwi Halves Care Pears</p> <p><b>LUNCH</b> Turkey &amp; Gravy Creamy Mashed Potatoes WG Dinner Roll Great Green Beans Lunch Bunch Grapes</p>	<p>24</p> <p><b>BREAKFAST</b> Concha Pan Dulce Fresh Apple Pineapple Tidbits</p> <p><b>LUNCH</b> Galaxy Cheese Pizza 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.
- Second choice entree is a Power Pack - packed with protein, this meal includes a Sunbutter Cup, WG Crackers, Seeds, and Dried Fruit.



\*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**  
Pepperoni Calzone\*  
Fresh Garden Salad  
Broccoli Trees  
Carrot Coins  
Pineapple Tidbits

# 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

## 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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## 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



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