



# February 2020

ROWLAND UNIFIED SCHOOL DISTRICT  
ELEMENTARY AND ACADEMY MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
3	<p><b><u>BREAKFAST</u></b> Blueberry Muffin Care Pears Wild Berry Juice</p> <p><b><u>LUNCH</u></b> Chicken Patty Sandwich Lettuce &amp; Pickles Jumpin' Kidney Beans Great Green Beans Very Berry Cup Scooby Doo Graham Crackers</p>	4	<p><b><u>BREAKFAST</u></b> Cinnamon French Toast Mandarin Oranges Banana Rama</p> <p><b><u>LUNCH</u></b> Hearty Chili, Chips, &amp; Cheese Shredded Lettuce Carrot Coins Excellent Edamame Lunch Bunch Grapes</p>	5	<p><b><u>BREAKFAST</u></b> Crumble Bread Kiwi Wedges Crazy Cranberries</p> <p><b><u>LUNCH</u></b> Galaxy Pepperoni Pizza Romaine Lettuce Cauliflower Clouds Apple Crunchers Chocolate Bear Graham Crackers</p>	6	<p><b><u>BREAKFAST</u></b> Pancakes &amp; Sausage* Perfect Peaches Lunch Bunch Grapes</p> <p><b><u>LUNCH</u></b> Teriyaki Chicken with Steamed Rice Fresh Garden Salad Golden Corn Niblets Cool Cucumber Slices Berry Blend</p>	7	<p><b><u>BREAKFAST</u></b> Super Star Powdered Doughnut Trix Yogurt Pineapple Tidbits Rockin' Raisins</p> <p><b><u>LUNCH</u></b> Grilled "Say Cheese" Sandwich Fresh Garden Salad Broccoli Trees Grape Tomatoes SideKick Frozen Treat</p>	10	<p><b><u>BREAKFAST</u></b> Cinnamon Toast Cereal Cup Apple Crunchers Fun Fruit Mix</p> <p><b><u>LUNCH</u></b> Golden Breaded Drumstick Savory Rice Fresh Garden Salad Garbanzo Beans Red Bell Pepper Strips</p>	11	<p><b><u>BREAKFAST</u></b> Concha Pan Dulce Pineapple Tidbits Very Berry Cup</p> <p><b><u>LUNCH</u></b> Mini Corn Dogs Romaine Salad Cauliflower Clouds X-Ray Vision Carrots Care Pears</p>	12	<p><b><u>BREAKFAST</u></b> Breakfast Mini Loaf Banana Rama Awesome Applesauce</p> <p><b><u>LUNCH</u></b> Chicken Pot Pie Warm Biscuit Fresh Garden Salad Cool Cucumber Slices Grape Tomatoes Lunch Bunch Grapes</p>	13	<p><b><u>BREAKFAST</u></b> Chicken &amp; Waffles Crazy Cranberries Orange Juice</p> <p><b><u>LUNCH</u></b> Pasta with Meat Sauce Dinner Roll Fresh Garden Salad Broccoli Trees Savory Black Beans Perfect Peaches</p>	14	<p><b><u>BREAKFAST</u></b> Glazed Cinnamon Bun Care Pears Perfect Peaches</p> <p><b><u>LUNCH</u></b> Bean &amp; Cheese Burrito Fresh Garden Salad Crunchy Jicama Golden Corn Niblets Berry Blend Valentine's Day Cookie</p> 
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**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  
This institution is an equal opportunity provider and employer

**MONDAY**

**TUESDAY**


**WEDNESDAY**

**THURSDAY**

**FRIDAY**

17

**NO SCHOOL**



18

**BREAKFAST**  
Buttermilk Bar  
Perfect Peaches  
Wild Berry Juice

**LUNCH**  
BBQ Rib Sandwich\*  
Tasty Tater Tots  
Fresh Garden Salad  
Grape Tomatoes  
Crazy Cranberries

19

**BREAKFAST**  
Mini Pork Sausage Biscuit\*  
Grape Escape  
Very Berry Cup

**LUNCH**  
Chicken Nuggets  
Romaine Salad  
Carrot Coins  
Great Green Beans  
Care Pears  
Cheez-It Crackers

20

**BREAKFAST**  
Egg & Cheese English Muffin  
Awesome Applesauce  
Outrageous Oranges

**LUNCH**  
Taco Salad  
Shredded Lettuce  
Shredded Cheese  
Diced Tomatoes  
Jumpin' Kidney Beans  
Banana Rama

21

**BREAKFAST**  
Honey Bun  
Rockin' Raisins  
Kiwi Wedges

**LUNCH**  
Cheese Bites  
Romaine Salad  
Savory Black Beans  
Red Bell Pepper Strips  
SideKick Frozen Treat

24

**BREAKFAST**  
Concha Pan Dulce  
Fun Fruit Mix  
Crazy Cranberries

**LUNCH**  
Orange Chicken with Steamed Rice  
Romaine Salad  
Excellent Edamame  
Grape Tomatoes  
Vanilla Mini Wafers

25

**BREAKFAST**  
Harvest Muffin  
String Cheese  
Rockin' Raisins  
Apple Juice

**BREAKFAST FOR LUNCH**  
French Toast with Sausage Link\*  
Mandarin Oranges  
Carrot Coins  
Crunchy Celery Sticks  
Jicama Sticks

26

**BREAKFAST**  
Breakfast Pizza Bagel  
Pineapple Tidbits  
Berry Blend

**LUNCH**  
Veggie Burger  
Lettuce & Pickles  
Cauliflower Clouds  
Red Bell Pepper Strips  
Awesome Applesauce  
Goldfish Crackers

27

**BREAKFAST**  
Mini Cinnis  
Kiwi Wedges  
Care Pears

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

28

**BREAKFAST**  
Benefit Oatmeal Bar  
Fresh Apple  
Fun Fruit Mix


**LUNCH**  
Galaxy Cheese Pizza  
Romaine Salad  
Cool Cucumber Slices  
Jumpin' Kidney Beans  
SideKick Frozen Treat



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



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