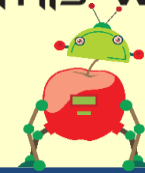
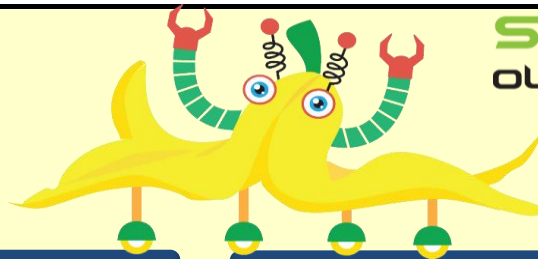


# MARCH 2020

ROWLAND UNIFIED SCHOOL DISTRICT  
SANTANA HIGH SCHOOL MENU

SCHOOL BREAKFAST  
OUT OF THIS WORLD!™



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

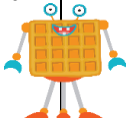
## FRIDAY

2  
**BREAKFAST**  
"Galactic" Glazed Cinnamon Bun  
Orange Juice  
Fun Fruit Mix



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

3  
**BREAKFAST**  
"Milky Way" Dutch Waffle  
Awesome Applesauce  
Banana Rama



**LUNCH**  
Crunchy Chicken Tenders  
Fresh Garden Salad  
Cool Cucumber Slices  
Golden Corn Niblets  
Perfect Peaches  
WG Goldfish Crackers

4  
**BREAKFAST**  
"Outer Space" Chorizo & Egg Burrito  
Lunch Bunch Grapes  
Strawberry Delight

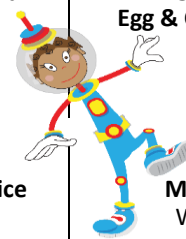


**LUNCH**  
Pizza Hut Pizza\*

5  
**BREAKFAST**  
"Planetary" Breakfast Pizza  
Crazy Cranberries  
Outrageous Oranges

**LUNCH**  
Chicken Fajitas & Savory Rice  
Pinto Beans  
Shredded Lettuce & Cheese  
Diced Tomatoes  
Apple Crunchers

6  
**BREAKFAST**  
"Out of this World"  
Egg & Cheese English Muffin  
Rockin' Raisins  
Fresh Pear



**LUNCH**  
Macaroni & Cheese  
Warm Dinner Roll  
Romaine Salad  
Red Bell Pepper Strips  
Garbanzo Beans  
Mandarin Oranges

9  
**BREAKFAST**  
Blueberry Muffin  
Wild Berry Juice  
Care Pears

**LUNCH**  
Crispy Chicken Sandwich  
Lettuce & Pickles  
Jumpin' Kidney Beans  
Great Green Beans  
Wild Berry Cup  
Scooby Doo Graham Crackers

10  
**BREAKFAST**  
Cinnamon French Toast  
Mandarin Oranges  
Fresh Apple

**LUNCH**  
Hearty Chili, Chips, & Cheese  
Shredded Lettuce  
Carrot Coins  
Excellent Edamame  
Lunch Bunch Grapes

11  
**BREAKFAST**  
Crumble Bread  
Kiwi Wedges  
Crazy Cranberries

**LUNCH**  
Pizza Hut Pizza\*

12  
**BREAKFAST**  
Pancakes & Sausage\*  
Perfect Peaches  
Banana Rama

**LUNCH**  
Teriyaki Chicken & Steamed Rice  
Fresh Garden Salad  
Golden Corn Niblets  
X-Ray Vision Carrots  
Very Berry Blend  
Chocolate Bear Graham Crackers

13  
**BREAKFAST**  
Super Star Powdered Doughnut  
Trix Yogurt  
Pineapple Tidbits  
Rockin' Raisins

**LUNCH**  
Grilled Cheese Sandwich  
Fresh Garden Salad  
Broccoli Trees  
Grape Tomatoes  
SideKick Frozen Treat

National School Breakfast Week is March 2 - March 6. Join us for breakfast!



### Did you know?

March is National Nutrition Month®! The theme this year is "Bite Into a Healthy Lifestyle."

Here's a healthy tip: **Eat a well-balanced breakfast choosing from three or more food groups.**

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.



# MONDAY

16

## BREAKFAST

Cinnamon Toast Cereal Cup  
Apple Crunchers  
Fun Fruit Mix

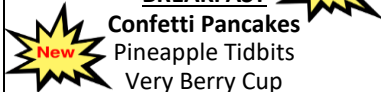

## LUNCH

Golden Breaded Drumstick  
Savory Rice  
Fresh Garden Salad  
Red Bell Pepper Strips  
Garbanzo Beans  
Crazy Cranberries


# TUESDAY

17

## BREAKFAST

 Confetti Pancakes  
 Pineapple Tidbits  
Very Berry Cup

## LUNCH

Pepperoni Calzone\*  
Romaine Salad  
X-Ray Vision Carrots  
Great Green Beans  
Fresh Pear  
 Shamrock Cookie

# WEDNESDAY

18

## BREAKFAST

Breakfast Mini Loaf  
Banana Rama  
Awesome Applesauce

## LUNCH

Pizza Hut Pizza\*  


# THURSDAY

19

## BREAKFAST

Breast on a Stick  
Apple Juice  
Rockin' Raisins

## LUNCH

Pasta with Meat Sauce  
Warm Dinner Roll  
Fresh Garden Salad  
Broccoli Trees  
Savory Black Beans  
Perfect Peaches

# FRIDAY

20

## BREAKFAST

Glazed Cinnamon Bun  
Fresh Pear  
Mandarin Oranges

## LUNCH

Bean and Cheese Burrito  
Fresh Garden Salad  
Golden Corn Niblets  
Crunchy Jicama Sticks  
Very Berry Blend

23

## BREAKFAST

Honey Bun  
Tangy Tangerine  
Care Pears

## LUNCH

Chicken Corn Dog  
Romaine Salad  
Cauliflower Clouds  
Jolly Green Peas  
Pineapple Tidbits

24

## BREAKFAST

Buttermilk Bar  
Wild Berry Juice  
Perfect Peaches

## LUNCH

BBQ Rib Sandwich\*  
Tasty Tater Tots  
Fresh Garden Salad  
Grape Tomatoes  
Grape Escape  
Cheez-It Crackers

25

## BREAKFAST

Mini Pork Sausage Biscuit\*  
Fresh Apple  
Very Berry Cup

## LUNCH

Pizza Hut Pizza\*  


26

## BREAKFAST

Chicken and Waffles  
Pineapple Tidbits  
Sunny Orange Wedges

## LUNCH

Fiesta Taco Salad  
Shredded Lettuce & Cheese  
Diced Tomatoes  
Jumpin' Kidney Beans  
Fun Fruit Mix

27

## BREAKFAST

Mini Maple Pancakes  
Rockin' Raisins  
Kiwi Wedges

## LUNCH

WG Cheese Bites  
Zesty Marinara Sauce  
Fresh Garden Salad  
Red Bell Pepper Strips  
Savory Black Beans  
SideKick Frozen Treat



# Spring Break ~ March 30, 2020 - April 3, 2020

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- All breakfasts are served with fruit or fruit juice
- A second choice entree of cereal and string cheese is available daily.
- Choice on nonfat chocolate or 1% low-fat white milk is offered daily with all meals.

Second Breakfast Price: \$1.25\*  
Milk A La Carte: \$0.50\*



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- 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.
- Second choice entree is a Power Pack. A Power Pack is a complete meal containing: PLANT-BASED PROTEIN, WHOLE GRAINS, A SERVING OF FRUIT. Power up your pack by loading up on fresh vegetables & fruits from the salad bar!

Second Lunch Price: \$2.10\*  
Milk A La Carte: \$0.50\*



### 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, lunch, and/or milk a la carte 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.**