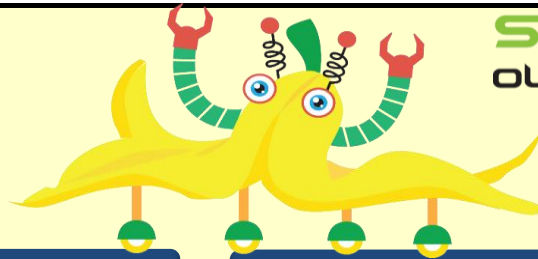


# MARCH 2020

ROWLAND UNIFIED SCHOOL DISTRICT  
ELEMENTARY AND ACADEMY MENU

SCHOOL BREAKFAST  
OUT OF THIS WORLD!™



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2

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

3

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

4

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

5

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

6

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

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

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

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

**LUNCH**  
Meatball Sub Sandwich  
Fresh Garden Salad  
Broccoli Trees  
Carrot Coins  
Pineapple Tidbits

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

**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**  
Galaxy Pizza  
Romaine Salad  
Cauliflower Clouds  
Jolly Green Peas  
Apple Crunchers

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



**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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16</p> <p><b>BREAKFAST</b> Cinnamon Toast Cereal Cup Apple Crunchers Fun Fruit Mix</p> <p><b>LUNCH</b> Golden Breaded Drumstick Savory Rice Fresh Garden Salad Red Bell Pepper Strips Garbanzo Beans Crazy Cranberries</p>	<p>17</p> <p><b>BREAKFAST</b>  Confetti Pancakes  Pineapple Tidbits Very Berry Cup</p> <p><b>LUNCH</b> Pepperoni Calzone* Romaine Salad X-Ray Vision Carrots Great Green Beans Fresh Pear <b>Shamrock Cookie</b> </p>	<p>18</p> <p><b>BREAKFAST</b> Breakfast Mini Loaf Banana Rama Awesome Applesauce</p> <p><b>LUNCH</b> Homestyle Turkey and Gravy Creamy Mashed Potatoes WG Biscuit Fresh Garden Salad Grape Tomatoes Cool Cucumber Slices Lunch Bunch Grapes</p>	<p>19</p> <p><b>BREAKFAST</b> Breakfast on a Stick Apple Juice Rockin' Raisins</p> <p><b>LUNCH</b> Pasta with Meat Sauce Warm Dinner Roll Fresh Garden Salad Broccoli Trees Savory Black Beans Perfect Peaches</p>	<p>20</p> <p><b>BREAKFAST</b> Glazed Cinnamon Bun Fresh Pear Mandarin Oranges</p> <p><b>LUNCH</b> Bean and Cheese Burrito Fresh Garden Salad Golden Corn Niblets Crunchy Jicama Sticks Very Berry Blend</p>
<p>23</p> <p><b>BREAKFAST</b> Honey Bun Tangy Tangerine Care Pears</p> <p><b>LUNCH</b> Chicken Corn Dog Romaine Salad Cauliflower Clouds Jolly Green Peas Pineapple Tidbits</p>	<p>24</p> <p><b>BREAKFAST</b> Buttermilk Bar Wild Berry Juice Perfect Peaches</p> <p><b>LUNCH</b> BBQ Rib Sandwich* Tasty Tater Tots Fresh Garden Salad Grape Tomatoes Grape Escape Cheez-It Crackers</p>	<p>25</p> <p><b>BREAKFAST</b> Mini Pork Sausage Biscuit* Fresh Apple Very Berry Cup</p> <p><b>LUNCH</b> Kickin' Chicken Nuggets Romaine Lettuce Great Green Beans Carrot Coins Care Pears</p>	<p>26</p> <p><b>BREAKFAST</b> Chicken and Waffles Pineapple Tidbits Sunny Orange Wedges</p> <p><b>LUNCH</b> Fiesta Taco Salad Shredded Lettuce &amp; Cheese Diced Tomatoes Jumpin' Kidney Beans Fun Fruit Mix</p>	<p>27</p> <p><b>BREAKFAST</b> Mini Maple Pancakes Rockin' Raisins Kiwi Wedges</p> <p><b>LUNCH</b> WG Cheese Bites Zesty Marinara Sauce Fresh Garden Salad Red Bell Pepper Strips Savory Black Beans SideKick Frozen Treat</p>

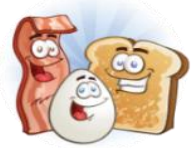


# Spring Break ~ March 30, 2020 - April 3, 2020

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- All breakfasts is 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.

**Breakfast Price**  
**Grades TK - 6 : \$1.15**  
**Grades 7-8: \$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!

**Lunch Price**  
**Grades TK - 8 : \$2.00**  
**Milk A La Carte: \$0.50**



**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!