

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the USDA Dietary Guidelines.

We provide students with access to a variety of affordable and appealing foods that meet their health and nutrition needs.

### 2019-2020 Meal Prices

**Breakfast \$1.25**

**Lunch \$2.10**

**Milk (a la carte) \$0.50**

**Visit [www.family.titank12.com](http://www.family.titank12.com) to deposit money into your student's meal account!**

Online payments are a simple, safe and secure way to make payments to your students account 24 hours a day at your convenience.

ROWLAND UNIFIED SCHOOL DISTRICT

## **NUTRITION SERVICES DEPARTMENT**

**Visit us Online!**

**[WWW.ROWLANDNUTRITION.ORG](http://WWW.ROWLANDNUTRITION.ORG)**

- ⇒ Online Meal Applications
- ⇒ Meal Prepayment Options
- ⇒ School Menus
- ⇒ Menu Nutrition Info
- ⇒ Special Meal Accommodations

**Department Address:  
1830 S. Nogales St.  
Rowland Heights, CA 91748**

**Phone: 626-854-8315**



**"Promoting Student Success One Meal at a Time"**

# **Rowland High School**



## **MENU**

**(MARCH - JUNE 2020)**

**Our goal is to provide nutritious and attractive meals to students each day in order to support their education and health.**

## BREAKFAST

All breakfast meals include a whole grain entrée served with fruit or fruit juice.

*Choice of 1% low-fat white milk or fat-free chocolate milk are offered daily with all meals.*

## LUNCH

All lunch meals include a nutritious entrée served with a variety of fruits and vegetables.

*Choice of 1% low-fat white milk or fat-free chocolate milk are offered daily with all meals.*

\* = Food contains pork

Menu Subject to change.

Menu item availability may vary.

This institution is an equal opportunity provider.

## BREAKFAST MENU

MON	Warm Bagel w/Cream Cheese Breakfast on a Stick <b>NEW!</b> Hot Chocolate w/ Sunrise Bites Chocolate Chip Benefit Bar Cereal with String Cheese
TUES	Chicken & Waffles WG Mini Donuts PB&J Jamwich Breakfast Muffin Cereal with String Cheese
WED	Sunrise Sausage Sandwich* Warm Honey Bun Yogurt Cup with Pop-Tart Chocolate Chip Benefit Bar Cereal with String Cheese
THURS	Hand Wrapped Bacon, Egg & Cheese Burrito Confetti Mini Pancakes Crumble Bread Breakfast Muffin Cereal with String Cheese
FRI	Breakfast Sausage Pizza Strawberry Concha Cheeseburger Minis <b>NEW!</b> Chocolate Chip Benefit Bar Cereal with String Cheese

## LUNCH MENU

### AVAILABLE DAILY

Gourmet Entrée Salad  
Gourmet Wrap or Sandwich  
Yogurt Parfait  
PB& Jelly Sandwich  
Bean & Cheese Burrito (M, W, F)

### AVAILABLE WEEKLY

MON	Beef Dunkers, Broccoli & Rice Bowl Boneless Buffalo Wings Pepperoni Pizza Calzone*
TUES	Turkey Gravy w/ Mashed Potatoes Jalapeno Cheeseburger w/ Fries Chicken Egg Rolls Pizza Hut Pizza—Pepperoni*
WED	Chili Cheese Beef Hot Dog Spicy Chicken Sandwich French Toast w/ Sausage Links*
THURS	Kung Pao Chicken w/ Rice Bowl Pork Rib-b-Que Sandwich* Shredded Beef Burrito Pizza Hut Pizza—Pepperoni*
FRI	Pork Carnitas Nachos* Breaded Chicken Drumstick w/ Biscuits Spicy Fish Melt Sandwich