

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 \$2.00
Milk (a la carte) \$0.50

Visit 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

- ⇒ 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"

Alvarado Intermediate



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

MONDAY	Confetti Mini Pancakes Honey Bun Benefit Breakfast Bar Cereal with String Cheese
TUESDAY	Bagel w/ Cream Cheese Goey Pastry Pocket Breakfast Muffin Cereal with String Cheese
WEDNESDAY	Breakfast Pizza Concha Pan Dulce Benefit Breakfast Bar Cereal with String Cheese
THURSDAY	Dutch Waffle PB&J Jamwich Breakfast Muffin Cereal with String Cheese
FRIDAY	Chorizo Breakfast Wrap Chocolate Crescent Roll Benefit Breakfast Bar Cereal with String Cheese

LUNCH MENU

MONDAY	Cheeseburger Asian Chicken Salad PB & Jelly Sandwich Chef Special of the Day
TUESDAY	Chili Cheese Hot Dog Caesar Chicken Salad PB & Jelly Sandwich Chef Special of the Day
WEDNESDAY	Spicy Chicken Sandwich Tuna Salad PB & Jelly Sandwich Chef Special of the Day
THURSDAY	Pizza Hut*
FRIDAY	Boneless Buffalo Wings Baja Chicken Salad PB & Jelly Sandwich Chef Special of the Day