



# September 2020



ROWLAND UNIFIED SCHOOL DISTRICT  
DISTANCE LEARNING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Student meals are available for pick up on Wednesdays &amp; Fridays from 2:30 - 4:30 p.m.</p> <p>Please call Nutrition Services for more information at (626) 854-8312.</p>	<p><b>1</b></p> <p><b>BREAKFAST</b> Concha Pan Dulce Fun Fruit Mix White Milk</p> <p><b>LUNCH</b> <b>Turkey &amp; Cheese Sandwich</b> Baby Carrot Pack Awesome Applesauce Crackers White Milk</p>	<p><b>2</b></p> <p><b>BREAKFAST</b> Muffin String Cheese Fresh Fruit White Milk</p> <p><b>LUNCH</b> <b>Power Pack</b> Baby Carrot Pack White Milk</p>	<p><b>3</b></p> <p><b>BREAKFAST</b> Honey Nut Cheerios Cereal Cup Rockin' Raisins White Milk</p> <p><b>LUNCH</b> <b>Chicken Nuggets</b> Baby Carrot Pack Fresh Fruit Crackers White Milk</p>	<p><b>4</b></p> <p><b>BREAKFAST</b> Benefit Oatmeal Bar Fresh Fruit White Milk</p> <p><b>BREAKFAST FOR LUNCH</b> <b>Build-Your-Own Yogurt Parfait Kit</b> Fruit Cup Yogurt Cup Granola Pack Excellent Edamame Chocolate Bear Graham Crackers White Milk</p>
	<p><b>7</b></p> <p><b>NO SCHOOL</b></p>	<p><b>8</b></p> <p><b>BREAKFAST</b> Concha Pan Dulce Fun Fruit Mix White Milk</p> <p><b>LUNCH</b> <b>Turkey &amp; Cheese Sandwich</b> Baby Carrot Pack Awesome Applesauce Scooby Doo Graham Crackers White Milk</p>	<p><b>9</b></p> <p><b>BREAKFAST</b> Benefit Oatmeal Bar Fresh Fruit White Milk</p> <p><b>LUNCH</b> <b>Build-Your-Own Nachos Kit</b> Cheddar Cheese Cup Crunchy Tortilla Chips Savory Black Beans Crazy Cranberries White Milk</p>	<p><b>10</b></p> <p><b>BREAKFAST</b> Frosted Flakes Cereal Cup String Cheese Rockin' Raisins White Milk</p> <p><b>LUNCH</b> <b>Breaded Drumstick</b> Baby Carrot Pack Diced Peaches Cheez It Crackers White Milk</p>

**BREAKFAST**

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



**LUNCH**

- All students must select a minimum 1/2 cup fruit or vegetable.
- Additional fresh fruit and vegetables are available on the food bar.
- Condiments offered with appropriate menu items.
- Choice of nonfat and 1% low-fat milk are 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>14</b></p> <p><b><u>BREAKFAST</u></b> Cinnamon Chex Cereal Cup Fresh Fruit White Milk</p> <p><b><u>LUNCH</u></b> Tuna Salad Savory Crackers Golden Corn Niblets Rockin' Raisins White Milk</p>	<p><b>15</b></p> <p><b><u>BREAKFAST</u></b> Concha Pan Dulce Fun Fruit Mix White Milk</p> <p><b><u>LUNCH</u></b> Build-Your-Own Pizza Kit Awesome Applesauce Scooby Doo Graham Crackers White Milk</p>	<p><b>16</b></p> <p><b><u>BREAKFAST</u></b> Benefit Oatmeal Bar Fresh Fruit White Milk</p> <p><b><u>LUNCH</u></b> Build-Your-Own Nachos Kit Cheddar Cheese Cup Crunchy Tortilla Chips Savory Black Beans Crazy Cranberries White Milk</p>	<p><b>17</b></p> <p><b><u>BREAKFAST</u></b> Frosted Flakes Cereal Cup String Cheese Rockin' Raisins White Milk</p> <p><b><u>LUNCH</u></b> Turkey Taco Nada OR Chicken Corn Dogs Baby Carrot Pack Diced Peaches Cheez It Crackers White Milk</p>	<p><b>18</b></p> <p><b><u>BREAKFAST</u></b> Buttermilk Bar Fresh Fruit White Milk</p> <p><b><u>LUNCH</u></b> <b><u>BREAKFAST FOR LUNCH</u></b> Build-Your-Own Yogurt Parfait Kit Fruit Cup Yogurt Cup Granola Pack Jolly Green Peas Chocolate Bear Graham Crackers White Milk</p>
<p><b>21</b></p> <p><b><u>BREAKFAST</u></b> Honey Nut Cheerios Cereal Cup Fresh Fruit White Milk</p> <p><b><u>LUNCH</u></b> Chicken Salad Savory Crackers Golden Corn Niblets Rockin' Raisins White Milk</p>	<p><b>22</b></p> <p><b><u>BREAKFAST</u></b> Concha Pan Dulce Fun Fruit Mix White Milk</p> <p><b><u>LUNCH</u></b> Turkey &amp; Cheese Sandwich Baby Carrot Pack Awesome Applesauce Scooby Doo Graham Crackers White Milk</p>	<p><b>23</b></p> <p><b><u>BREAKFAST</u></b> Ultimate Breakfast Round Fresh Fruit White Milk</p> <p><b><u>LUNCH</u></b> WG Cheese Bites Marinara Sauce Diced Peaches Cheez It Crackers White Milk</p>	<p><b>24</b></p> <p><b><u>BREAKFAST</u></b> Frosted Flakes Cereal Cup String Cheese White Milk</p> <p><b><u>LUNCH</u></b> Tuna Salad Savory Crackers Golden Corn Niblets Rockin' Raisins White Milk</p>	<p><b>25</b></p> <p><b><u>BREAKFAST</u></b> Muffin Fresh Fruit White Milk</p> <p><b><u>LUNCH</u></b> <b><u>BREAKFAST FOR LUNCH</u></b> Build-Your-Own Yogurt Parfait Kit Fruit Cup Yogurt Cup Granola Pack Jolly Green Peas Chocolate Bear Graham Crackers White Milk</p>
<p><b>28</b></p> <p><b><u>BREAKFAST</u></b> Cinnamon Toast Cereal Cup Fresh Fruit White Milk</p> <p><b><u>LUNCH</u></b> Build-Your-Own Nachos Kit Cheddar Cheese Cup Crunchy Tortilla Chips Savory Black Beans Crazy Cranberries White Milk</p>	<p><b>29</b></p> <p><b><u>BREAKFAST</u></b> Concha Pan Dulce Fun Fruit Mix White Milk</p> <p><b><u>LUNCH</u></b> Power Pack Baby Carrot Pack White Milk</p>	<p><b>30</b></p> <p><b><u>BREAKFAST</u></b> Benefit Oatmeal Bar Fresh Fruit White Milk</p> <p><b><u>LUNCH</u></b> Chicken Nuggets Baby Carrot Pack Fresh Fruit Cheez It Crackers White Milk</p>	<p><b>Free and Reduced Price Meal Application is available online</b> Please visit <a href="https://family.titank12.com/">https://family.titank12.com/</a> <i>No login is required, just click on <b>Apply For Meals Today</b></i> Remember, meal applications must be renewed every school year. For more information, please call Nutrition Services at (626) 854-8312.</p> 	