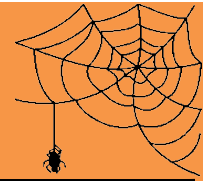


OCTOBER 2020



ROWLAND UNIFIED SCHOOL DISTRICT DISTANCE LEARNING MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>SCHOOL LUNCH WEEK October 12 - 16, 2020</p>			<p>1</p> <p>BREAKFAST Frosted Flakes Cereal Cup String Cheese Rockin' Raisins</p> <p>LUNCH Build-Your-Own Pizza Kit Awesome Applesauce Scooby Doo Graham Crackers White Milk</p>	<p>2</p> <p>BREAKFAST Buttermilk Bar Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Grilled "Say Cheese" Sandwich Jolly Green Peas Very Berry Cup Chocolate Bear Graham Crackers White Milk</p>	<p>3</p> <p>BREAKFAST Frosted Flakes Cereal Cup String Cheese Rockin' Raisins</p> <p>LUNCH Power Pack Golden Corn Niblets White Milk</p>	<p>4</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Fun Fruit Mix</p> <p>LUNCH Power Pack Great Green Beans White Milk</p>
<p>5</p> <p>BREAKFAST Honey Nut Cheerios Cereal Cup Fresh Fruit</p> <p>LUNCH Build-Your-Own Beef Nachos Kit Crunchy Tortilla Chips Cheddar Cheese Cup Beef Crumbles Savory Black Beans Crazy Cranberries White Milk</p>	<p>6</p> <p>BREAKFAST "Heat at Home" Entrée - Breakfast on a Stick Diced Peaches</p> <p>LUNCH Build-Your-Own Yogurt Parfait Kit Very Berry Cup Yogurt Cup Granola Pack String Cheese Baby Carrot Pack Chocolate Bear Graham Crackers White Milk</p>	<p>7</p> <p>BREAKFAST Ultimate Breakfast Round Awesome Applesauce</p> <p>LUNCH Hot Lunch Special - Turkey and Gravy Creamy Mashed Potatoes WG Dinner Roll Fresh Fruit Celebration Cookie White Milk</p>	<p>8</p> <p>BREAKFAST Dunkin Stick String Cheese Rockin' Raisins</p> <p>New</p> <p>LUNCH Shaker Salad Romaine Lettuce Diced Turkey OR Diced Chicken Shredded Cheese Grape Tomatoes Savory Wheat Crackers Fresh Fruit White Milk</p>	<p>9</p> <p>BREAKFAST Muffin Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Fiesta Bean and Cheese Burrito Baby Carrot Pack Diced Pears Cheez It Crackers White Milk</p>	<p>10</p> <p>BREAKFAST Concha Pan Dulce Awesome Applesauce</p> <p>LUNCH Power Pack Vegetable Side White Milk</p>	<p>11</p> <p>BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins</p> <p>LUNCH Build-Your-Own Yogurt Parfait Kit Very Berry Cup Yogurt Cup Granola Pack String Cheese Baby Carrot Pack White Milk</p>

BREAKFAST

























- All breakfast meals are served with fruit.
- "Heat at Home" Breakfast Entrees - will be provided partially thawed and must be heated to a minimum temperature of 165 degrees prior to consumption. Detailed heating instructions included in meal bag insert.



LUNCH

- All lunch meals are served with 1/2 cup of fruit and 1/2 cup of vegetable.
- Condiments are provided for appropriate menu items.
- 1% low-fat milk is offered daily with all lunch meals.
- Power Pack - packed with protein, this meal includes a Sunbutter Cup, WG Crackers, Seeds, and Dried Fruit.
- "Heat at Home" Lunch Entrees - will be provided partially thawed and must be heated to a minimum temperature of 165 degrees prior to consumption. Detailed heating instructions included in meal bag insert.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
12	BREAKFAST Cinnamon Toast Cereal Cup Fresh Fruit 	13	BREAKFAST "Heat at Home" Entrée - Chorizo Sunrise Soft Taco Diced Peaches 	14	BREAKFAST Benefit Oatmeal Bar Fresh Fruit	15	BREAKFAST "Heat at Home" Entrée - Chicken and Waffles Rockin' Raisins 	16	BREAKFAST Buttermilk Bar Fresh Fruit White Milk 	17	BREAKFAST Honey Bun Awesome Applesauce	18	BREAKFAST Cinnamon Cereal Cup Rockin' Raisins		
LUNCH Build-Your-Own Chicken Nachos Kit Crunchy Tortilla Chips Cheddar Cheese Cup Fajita Chicken Pinto Beans Crazy Cranberries White Milk	LUNCH "Heat at Home" Entrée - Cheeseburger Minis Very Berry Cup Baby Carrot Pack Chocolate Bear Graham Crackers White Milk	LUNCH Hot Lunch Special - Orange Chicken Brown Rice Fresh Fruit Great Green Beans Star Super Pretzel White Milk	LUNCH Build-Your-Own Hawaiian Pizza Kit Fresh Fruit White Milk 	LUNCH "Heat at Home" Entrée - WG Cheese Bites Marinara Sauce Diced Pears Celebration Cookie White Milk	LUNCH Power Pack Golden Corn Niblets White Milk	LUNCH Turkey & Cheese Sandwich Very Berry Cup Baby Carrot Pack White Milk									
19	BREAKFAST Honey Nut Cheerios Cereal Cup Fresh Fruit	20	BREAKFAST "Heat at Home" Entrée - Breakfast on a Stick Diced Peaches LUNCH Build-Your-Own Yogurt Parfait Kit Very Berry Cup Yogurt Cup Granola Pack String Cheese Baby Carrot Pack Chocolate Bear Graham Crackers White Milk	21	BREAKFAST Ultimate Breakfast Round Fresh Fruit	22	BREAKFAST "Heat at Home" Entrée - Mini Pancakes Rockin' Raisins LUNCH Shaker Salad Romaine Lettuce Diced Turkey Shredded Cheese Grape Tomatoes Savory Wheat Crackers Fresh Fruit White Milk 	23	BREAKFAST Muffin Fresh Fruit	24	BREAKFAST Concha Pan Dulce Awesome Applesauce	25	BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins	LUNCH Build-Your-Own Yogurt Parfait Kit Very Berry Cup Yogurt Cup Granola Pack String Cheese Baby Carrot Pack White Milk	  
LUNCH Build-Your-Own Beef Nachos Kit Crunchy Tortilla Chips Cheddar Cheese Cup Beef Crumbles Savory Black Beans Crazy Cranberries White Milk	LUNCH "Heat at Home" Entrée - Beef Sausage Sandwich Diced Peaches LUNCH Ham and Cheese Sandwich OR Turkey and Cheese Sandwich Very Berry Cup Baby Carrot Pack Hugs Not Drugs Cookies White Milk 	LUNCH Hot Lunch Special - Loaded Fries Beef Crumbles Shredded Cheese WG Dinner Roll Fresh Asian Pear Hugs Not Drugs Cookies White Milk  	BREAKFAST "Heat at Home" Entrée - Chicken and Waffles Rockin' Raisins LUNCH Build-Your-Own Hawaiian Pizza Kit Fresh Fruit White Milk 	BREAKFAST Buttermilk Bar Fresh Fruit	LUNCH "Heat at Home" Entrée - Grilled "Say Cheese" Sandwich Baby Carrot Pack Diced Pears Halloween Cookie White Milk  	BREAKFAST Honey Bun Awesome Applesauce	LUNCH Power Pack Golden Corn Niblets White Milk  	September 1 BREAKFAST Cinnamon Toast Cereal Cup Rockin' Raisins	LUNCH Turkey & Cheese Sandwich Very Berry Cup Baby Carrot Pack White Milk						
26	BREAKFAST Cinnamon Toast Cereal Cup Fresh Fruit	27	BREAKFAST "Heat at Home" Entrée - Beef Sausage Sandwich Diced Peaches LUNCH Ham and Cheese Sandwich OR Turkey and Cheese Sandwich Very Berry Cup Baby Carrot Pack Hugs Not Drugs Cookies White Milk 	28	BREAKFAST Benefit Oatmeal Bar Awesome Applesauce LUNCH Hot Lunch Special - Loaded Fries Beef Crumbles Shredded Cheese WG Dinner Roll Fresh Asian Pear Hugs Not Drugs Cookies White Milk  	29	BREAKFAST "Heat at Home" Entrée - Chicken and Waffles Rockin' Raisins LUNCH Build-Your-Own Hawaiian Pizza Kit Fresh Fruit White Milk 	30	BREAKFAST Buttermilk Bar Fresh Fruit	31	BREAKFAST Honey Bun Awesome Applesauce	LUNCH Power Pack Golden Corn Niblets White Milk  	September 1 BREAKFAST Cinnamon Toast Cereal Cup Rockin' Raisins	LUNCH Turkey & Cheese Sandwich Very Berry Cup Baby Carrot Pack White Milk	