


January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>28-Dec</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple</p> <p>LUNCH Fruit & Yogurt Parfait Granola Pack Diced Peaches String Cheese Go Bonzo's pack Bunny Graham Crackers White Milk</p>	<p>29-Dec</p> <p>BREAKFAST Honey Nut Cheerios Rockin' Raisins</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>30-Dec</p> <p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p>LUNCH Turkey Ham & Cheese Sandwich Baby Carrot Pack Fresh Asian Pear</p>	<p>31-Dec</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Crazy Cranberries</p> <p>LUNCH "Heat at Home" Entrée - Chicken Double Dogs Fresh Apple Go Bonzo's Pack White Milk</p>	<p>1</p> <p>BREAKFAST Breakfast Cluster Rockin' Raisins</p> <p>LUNCH "Heat at Home" Entrée - Galaxy Cheese Pizza Baby Carrot Pack Rockin' Raisins White Milk</p>	<p>2</p> <p>BREAKFAST Cherry Muffin Diced Pears</p> <p>LUNCH "Heat at Home" Entrée - Cheeseburger Minis Baby Carrot Pack Awesome Applesauce White Milk</p>	<p>3</p> <p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>
<p>4</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Kiwi</p> <p>LUNCH Fruit & Yorgurt Parfait Granola Pack Diced Peaches Go Bonzo's Pack Bunny Graham Crackers White Milk</p>	<p>5</p> <p>BREAKFAST Honey Nut Cheerios Rockin' Raisins</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>6</p> <p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p>LUNCH Turkey Ham & Cheese Sandwich Baby Carrot Pack Fresh Asian Pear Cheddar Goldfish Crackers White Milk</p>	<p>7</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Crazy Cranberries</p> <p>LUNCH "Heat at Home" Entrée - Chicken Double Dogs Fresh Apple Baby Carrot Pack White Milk</p>	<p>8</p> <p>BREAKFAST Breakfast Cluster Crazy Cranberries</p> <p>LUNCH "Heat at Home" Entrée - Galaxy Cheese Pizza Baby Carrot Pack Rockin' Raisins White Milk</p>	<p>9</p> <p>BREAKFAST Cherry Muffin Diced Pears</p> <p>LUNCH "Heat at Home" Entrée - Cheeseburger Minis Baby Carrot Pack Awesome Applesauce White Milk</p>	<p>10</p> <p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>
<p>11</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Fruit</p> <p>LUNCH Fruit & Yorgurt Parfait Granola Pack Diced Peaches Baby Carrot Pack Bunny Graham Crackers White Milk</p>	<p>12</p> <p>BREAKFAST Honey Nut Cheerios Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>13</p> <p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special - Orange Chicken with Brown Rice Baby Carrot Pack Fresh Tangerine Cheez-It Crackers White Milk</p>	<p>14</p> <p>BREAKFAST "Heat at Home" Entrée - Chicken & Waffles Rockin' Raisins</p> <p>LUNCH "Heat at Home" Entrée - Cheeseburger Minis Fresh Apple Golden Corn Niblets White Milk</p>	<p>15</p> <p>BREAKFAST Breakfast Cluster Diced Apricots</p> <p>LUNCH "Heat at Home" Entrée - Galaxy Cheese Pizza Great Green Beans Rockin' Raisins States & Capitals Crackers White Milk</p>	<p>16</p> <p>BREAKFAST "Heat at Home" Entrée - Mini Pancakes Crazy Cranberries</p> <p>LUNCH Beef Nachos Kit Crunchy Tortilla Chips Cheddar Cheese Cup Beef Crumbles Jumpin' Kidney Beans Awesome Applesauce White Milk</p>	<p>17</p> <p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Fruit & Yorgurt Parfait Granola Pack Diced Peaches Baby Carrot Pack Bunny Graham Crackers White Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>18</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple</p> <p>NO SCHOOL</p> <p>LUNCH Power Pack Go Bonzo's pack White Milk</p> 	<p>19</p> <p>BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>20</p> <p>BREAKFAST Ultimate Breakfast Round Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special - Loaded Cheesy Beef Fries Fresh Tangerine Cheez-It Crackers White Milk</p>	<p>21</p> <p>BREAKFAST Concha Pan Dulce Rockin' Raisins</p> <p>LUNCH "Heat at Home" Entrée - Chicken Double Dogs Fresh Apple Golden Corn Niblets White Milk</p>	<p>22</p> <p>BREAKFAST Cherry Muffin Diced Apricots</p> <p>LUNCH "Heat at Home" Entrée - Fiesta Bean & Cheese Burrito Great Green Beans Rockin' Raisins States & Capitals Crackers White Milk</p>	<p>23</p> <p>BREAKFAST "Heat at Home" Entrée - Beef Sausage & Cheese Bagel Crazy Cranberries</p> <p>LUNCH Chicken Nachos Kit Crunchy Tortilla Chips Cheddar Cheese Cup Fajita Chicken Pinto Beans Awesome Applesauce White Milk</p>	<p>24</p> <p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Fruit & Yorgurt Parfait Granola Pack Diced Peaches Baby Carrot Pack Bunny Graham Crackers White Milk</p>
<p>25</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple</p> <p>LUNCH Power Pack Go Bonzo's pack White Milk</p>	<p>26</p> <p>BREAKFAST Honey Nut Cheerios Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>27</p> <p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special - Teriyaki Chicken with Brown Rice Baby Carrot Pack Fresh Tangerine Cheez-It Crackers White Milk</p>	<p>28</p> <p>BREAKFAST Blueberry Muffin Rockin' Raisins</p> <p>LUNCH Build-Your-Own Tuna Sandwich Fresh Apple Golden Corn Niblets White Milk</p>	<p>29</p> <p>BREAKFAST Breakfast Cluster Diced Apricots</p> <p>LUNCH "Heat at Home" Entrée - Galaxy Cheese Pizza Great Green Beans Rockin' Raisins States & Capitals Crackers White Milk</p>	<p>30</p> <p>BREAKFAST "Heat at Home" Entrée - Mini Pancakes Crazy Cranberries</p> <p>LUNCH Beef Nachos Kit Crunchy Tortilla Chips Cheddar Cheese Cup Beef Crumbles Jumpin' Kidney Beans Awesome Applesauce White Milk</p>	<p>31</p> <p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Fruit & Yorgurt Parfait Granola Pack Diced Peaches Baby Carrot Pack Bunny Graham Crackers White Milk</p>

BREAKFAST

- All breakfast meals are served with fruit.
- "Heat at Home" Breakfast Entrees - will be provided frozen and must be heated to a minimum temperature of 165 degrees prior to consumption.

LUNCH

- All lunch meals are served with 1/2 cup 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 frozen and must be heated to a minimum temperature of 165 degrees prior to consumption.

Heating instructions can be found on www.rowlandnutrition.org



To be kind to the environment, Nutrition Services is no longer printing bag inserts with meal preparation instructions.

[CLICK HERE TO DOWNLOAD MEAL PREPARATION INSTRUCTIONS](#)