






ROWLAND UNIFIED SCHOOL DISTRICT
DISTANCE LEARNING MENU

February 2021



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY															
1	<p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	2	<p>BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	3	<p>BREAKFAST Ultimate Breakfast Round Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special Chicken Double Dogs Baby Carrot Pack Fresh Tangerine Cheddar Goldfish Crackers White Milk</p>	4	<p>BREAKFAST Concha Pan Dulce Fun Fruit Mix</p> <p>LUNCH Build-Your-Own Turkey & Cheese Sandwich Kit Shredded Lettuce & Pickles Golden Corn Niblets Fresh Apple White Milk</p>	5	<p>BREAKFAST Cherry OR Blueberry Muffin Diced Pears</p> <p>LUNCH "Heat at Home" Entrée - Fiesta Bean & Cheese Burrito Baby Carrot Pack Rockin' Raisins Scooby Doo Graham Crackers White Milk</p>	6	<p>BREAKFAST "Heat at Home" Entrée - Beef Sausage & Cheese Bagel Crazy Cranberries</p> <p>LUNCH Chicken Nachos Kit INCLUDES: Crunchy Tortilla Chips Cheddar Cheese Cup Fajita Chicken Pinto Beans Awesome Applesauce White Milk</p>	7	<p>BREAKFAST Cocoa Puffs OR Lucky Charms Cereal Cup Fresh Pear</p> <p>LUNCH Fruit & Yogurt Parfait Granola Pack Baby Carrot Pack Bunny Graham Crackers White Milk</p>	8	<p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	9	<p>BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	10	<p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special Orange Chicken & Steamed Rice Baby Carrot Pack Fresh Tangerines Cheddar Goldfish Crackers White Milk</p>	11	<p>BREAKFAST Chicken & Waffle Fun Fruit Mix</p> <p>LUNCH "Heat at Home" Entrée - Cheeseburger Minis Fresh Apple Golden Corn Niblets White Milk</p>	12	<p>BREAKFAST Breakfast Cluster Diced Pears</p> <p>LUNCH "Heat at Home" Entrée - Fiesta Bean & Cheese Burrito Baby Carrot Pack Rockin' Raisins Scooby Doo Graham Crackers Fortune Cookie</p> <p>Chinese New Year</p> 	13	<p>BREAKFAST "Heat at Home" Entrée - Mini Pancakes Crazy Cranberries</p> <p>LUNCH Beef Nachos Kit INCLUDES: Crunchy Tortilla Chips Cheddar Cheese Cup Beef Crumbles Jumpin' Kidney Beans Awesome Applesauce White Milk</p>	14	<p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Fruit & Yogurt Parfait Granola Pack Baby Carrot Pack Valentine's Day Cookie White Milk</p> <p><i>Happy Valentine's Day</i></p> 
8	<p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	9	<p>BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	10	<p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special Orange Chicken & Steamed Rice Baby Carrot Pack Fresh Tangerines Cheddar Goldfish Crackers White Milk</p>	11	<p>BREAKFAST Chicken & Waffle Fun Fruit Mix</p> <p>LUNCH "Heat at Home" Entrée - Cheeseburger Minis Fresh Apple Golden Corn Niblets White Milk</p>	12	<p>BREAKFAST Breakfast Cluster Diced Pears</p> <p>LUNCH "Heat at Home" Entrée - Fiesta Bean & Cheese Burrito Baby Carrot Pack Rockin' Raisins Scooby Doo Graham Crackers Fortune Cookie</p> <p>Chinese New Year</p> 	13	<p>BREAKFAST "Heat at Home" Entrée - Mini Pancakes Crazy Cranberries</p> <p>LUNCH Beef Nachos Kit INCLUDES: Crunchy Tortilla Chips Cheddar Cheese Cup Beef Crumbles Jumpin' Kidney Beans Awesome Applesauce White Milk</p>	14	<p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Fruit & Yogurt Parfait Granola Pack Baby Carrot Pack Valentine's Day Cookie White Milk</p> <p><i>Happy Valentine's Day</i></p> 														

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15	<p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple</p> <p>LUNCH Power Pack Go Bonzo's pack White Milk</p> <p>NO SCHOOL</p> 	16	<p>BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	17	<p>BREAKFAST Ultimate Breakfast Round Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special Teriyaki Chicken & Steamed Rice Baby Carrot Pack Fresh Tangerine Cheddar Goldfish Crackers White Milk</p>	18	<p>BREAKFAST Concha Pan Dulce Fun Fruit Mix</p> <p>LUNCH Pepperoni Pizza Kit* Sliced Olives Fresh Apple White Milk</p>	19	<p>BREAKFAST Cherry Muffin Diced Pears</p> <p>LUNCH "Heat at Home" Entrée - Fiesta Bean & Cheese Burrito Baby Carrot Pack Rockin' Raisins States & Capitals Crackers White Milk</p>	20	<p>BREAKFAST "Heat at Home" Entrée - Beef Sausage & Cheese Bagel Crazy Cranberries</p> <p>LUNCH Chicken Nachos Kit INCLUDES: Crunchy Tortilla Chips Cheddar Cheese Cup Fajita Chicken Pinto Beans Awesome Applesauce White Milk</p>	21	<p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Fruit & Yogurt Parfait Granola Pack Baby Carrot Pack Bunny Graham Crackers White Milk</p>	22	<p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple</p> <p>LUNCH Power Pack Go Bonzo's pack White Milk</p>	23	<p>BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	24	<p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special Orange Chicken & Steamed Rice Baby Carrot Pack Fresh Tangerines Cheddar Goldfish Crackers White Milk</p>	25	<p>BREAKFAST Chicken & Waffle Fun Fruit Mix</p> <p>LUNCH "Heat at Home" Entrée - Cheeseburger Minis Golden Corn Niblets Fresh Apple White Milk</p>	26	<p>BREAKFAST Breakfast Cluster Diced Pears</p> <p>LUNCH "Heat at Home" Entrée - Galaxy Pizza OR Pizza Wedge Baby Carrot Pack Rockin' Raisins Scooby Doo Graham Crackers White Milk</p>	27	<p>BREAKFAST "Heat at Home" Entrée - Mini Pancakes Crazy Cranberries</p> <p>LUNCH Beef Nachos Kit INCLUDES: Crunchy Tortilla Chips Cheddar Cheese Cup Beef Crumbles Jumpin' Kidney Beans Awesome Applesauce White Milk</p>	28	<p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Fruit & Yogurt Parfait Granola Pack Diced Peaches Baby Carrot Pack Bunny Graham Crackers White Milk</p>
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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.

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 partially thawed 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](#)