






September 2021

ROWLAND UNIFIED SCHOOL DISTRICT

K - 8 BREAKFAST & LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 BREAKFAST Kix Cereal String Cheese Fresh Fruit Crazy Cranberries LUNCH Beef Dippers with Savory Rice Broccoli Tree Tops Excellent Edamame Diced Peaches	2 BREAKFAST Chicken and Waffles Fresh Fruit Crazy Cranberries LUNCH Turkey & Cheese Sandwich Crunchy Celery Sticks X-Ray Vision Carrots Fresh Fruit	3 BREAKFAST Honey Nut Cheerios Cereal Trix Yogurt Wild Berry Juice Crazy Cranberries LUNCH Veggie Pinwheel Go Bonzos Fresh Green Salad Fresh Fruit Let's Celebrate Cupcake <i>Celebrating September Birthdays!</i>
6 NO SCHOOL 	7 BREAKFAST Apple Jacks Cereal String Cheese Orange Juice Rockin' Raisins LUNCH Orange Chicken with Steamed Rice Broccoli Tree Tops Excellent Edamame Fresh Fruit	8 BREAKFAST French Toast Fresh Fruit Rockin' Raisins LUNCH Rowland Burger Golden Corn Niblets Cool Sliced Cucumber Diced Peaches	9 BREAKFAST Mini Cinnis Wild Berry Juice Rockin' Raisins LUNCH Chicken Fajitas on a Flour Tortilla Shedded Lettuce Shredded Cheese X-Ray Vision Carrots Crazy Cranberries Savory Crackers	10 BREAKFAST Breakfast Cluster Fresh Fruit Rockin' Raisins LUNCH Cheese Bites with Marinara Sauce Crunchy Jicama Sticks Fresh Fruit

BREAKFAST

- All breakfasts served with fruit or fruit juice.
- All students must select a minimum 1/2 cup fruit or vegetable with meal.
- 1% low-fat milk is 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.
- 1% low-fat milk is offered daily with all meals.



*Contains pork
WG= Whole Grain
Menu subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
13	<p><u>BREAKFAST</u> Cinnamon Toast Crunch Cereal String Cheese Wild Berry Juice Crazy Cranberries</p> <p><u>LUNCH</u> Crispy Chicken Nuggets X-Ray Vision Carrots Crunchy Celery Sticks Crazy Cranberries States and Capitals Crackers</p>	14	<p><u>BREAKFAST</u> Oatmeal Benefit Bar Awesome Applesauce Crazy Cranberries</p> <p><u>LUNCH</u> Turkey Taco Pocket Broccoli Tree Tops Golden Corn Niblets Fresh Fruit</p>	15	<p><u>BREAKFAST</u> Rice Krispies Cereal String Cheese Fresh Fruit Crazy Cranberries</p> <p><u>LUNCH</u> Turkey & Cheese Sandwich Grape Tomatoes X-Ray Vision Carrots Orange Smiles</p>	16	<p><u>BREAKFAST</u> Cinnamon Crumble Fresh Fruit Crazy Cranberries</p> <p><u>LUNCH</u> Chicken Double Dogs Crunchy Celery Sticks Excellent Edamame Watermelon Spear</p>	17	<p><u>BREAKFAST</u> Chocolate Chip Mini Loaf Pineapple Spear Crazy Cranberries</p> <p><u>LUNCH</u> Grilled Cheese Sandwich Go Bonzos X-Ray Vision Carrots SideKick Frozen Treat</p>
20	<p><u>BREAKFAST</u> Blueberry Muffin Awesome Applesauce Rockin' Raisins</p> <p><u>LUNCH</u> Galaxy Pepperoni Pizza Golden Corn Niblets Great Green Beans Fresh Fruit</p>	21	<p><u>BREAKFAST</u> Mini Pancakes Orange Juice Rockin' Raisins</p> <p><u>LUNCH</u> Chicken Patty Sandwich Grape Tomatoes X-Ray Vision Carrots Pineapple Spear Cheez-It Crackers</p>	22	<p>Pupil Free Day!</p> 	23	<p><u>BREAKFAST</u> Honey Nut Cheerios Cereal Trix Yogurt Fresh Fruit Rockin' Raisins</p> <p><u>LUNCH</u> Teriyaki Chicken with Savory Rice Go Bonzos Broccoli Tree Tops Fresh Fruit</p>	24	<p><u>BREAKFAST</u> Breakfast on a Stick Frozen Peach Cup Rockin' Raisins</p> <p><u>LUNCH</u> Bean and Cheese Burrito Crunchy Zucchini Pack Fresh Green Salad Mixed Fruit</p>
27	<p><u>BREAKFAST</u> Oatmeal Benefit Bar Pineapple Spear Crazy Cranberries</p> <p><u>LUNCH</u> Italian Combo Sandwich Shredded Lettuce X-Ray Vision Carrots Orange Smiles</p>	28	<p><u>BREAKFAST</u> Pancakes and Sausage* Wild Berry Juice Crazy Cranberries</p> <p><u>LUNCH</u> All American Burger Go Bonzos Golden Corn Niblets SideKick Frozen Treat</p>	29	<p><u>BREAKFAST</u> Apple Jacks Cereal String Cheese Diced Peaches Crazy Cranberries</p> <p><u>LUNCH</u> Turkey Pepperoni Calzone X-Ray Vision Carrots Cool Sliced Cucumbers Mixed Fruit</p>	30	<p><u>BREAKFAST</u> Concha Pan Dulce Awesome Applesauce Crazy Cranberries</p> <p><u>LUNCH</u> Breaded Chicken Drumstick Buttermilk Biscuit Romaine Salad Fresh Fruit</p>	