



September 2021

Grab and Go (Breakfast) Menu K-8

ROWLAND UNIFIED SCHOOL DISTRICT

K - 8 BREAKFAST & LUNCH MENU



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

BREAKFAST

- All Grab & Go breakfasts packed with fruit or fruit juice and 1% low fat white milk.
- Grab & Go breakfast served as students leave campus.




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 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</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 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</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</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</p> <p><u>LUNCH</u> Galaxy Pepperoni Pizza Golden Corn Niblets Great Green Beans Fresh Fruit</p>	21	<p><u>BREAKFAST</u> Mini Pancakes Rockin' Raisins</p> <p><u>LUNCH</u> Chicken Patty Sandwich Grape Tomatoes X-Ray Vision Carrots Pineapple Spear Cheez-It Cracker</p>	22	 <p>Pupil Free Day!</p> <p>No School</p>	23	<p><u>BREAKFAST</u> Honey Nut Cheerios Cereal Fresh Fruit</p> <p><u>LUNCH</u> Teriyaki Chicken with Savory Rice Go Bonzos Broccoli Tree Tops Fresh Fruit</p>	24	<p><u>BREAKFAST</u> Rice Krispies Cereal 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</p> <p><u>LUNCH</u> Italian Combo Sandwich X-Ray Vision Carrots Shredded Lettuce Orange Smiles</p>	28	<p><u>BREAKFAST</u> Honey Nut Cheerios Cereal 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 Diced Peaches</p> <p><u>LUNCH</u> Turkey Pepperoni Calzone X-Ray Vision Carrots Cool Cucumbers Mixed Fruit</p>	30	<p><u>BREAKFAST</u> Concha Pan Dulce Awesome Applesauce</p> <p><u>LUNCH</u> Breaded Chicken Drumstick Buttermilk Biscuit Romaine Salad Fresh Fruit</p>	<p>EAT FRESH STAY HEALTHY</p>	