

# OCTOBER 2021



**ROWLAND UNIFIED  
SCHOOL DISTRICT**  
K-8 Breakfast & Lunch Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**


**THURSDAY**

**FRIDAY**



**4**

**BREAKFAST**  
Buttermilk Bar  
Apple Juice



**LUNCH**  
Popcorn Chicken  
Crunchy Zucchini Pack  
Golden Corn Niblets  
Mixed Fruit  
Bunny Graham Crackers

**5**

**BREAKFAST**  
Kix Cereal  
Trix Yogurt  
Diced Peaches

**BREAKFAST for LUNCH**  
Cinnamon French Toast  
Sausage Link\*  
Grape Tomatoes  
Cool Sliced Cucumbers  
Orange Smiles

**6**

**BREAKFAST**  
Honey Bun  
Banana

**LUNCH**  
Beef Dippers with Savory Rice  
Broccoli Tree Tops  
Garden Salad  
SideKick Frozen Treat

**7**

**BREAKFAST**  
Chicken and Waffles  
Orange Juice

**LUNCH**  
Turkey & Cheese Sandwich  
Crunchy Celery Pack  
X-Ray Vision Carrots  
Grape Escape  
Cheez-It Crackers

**8**

**BREAKFAST**  
Honey Nut Cheerios Cereal  
String Cheese  
Sliced Apples




**LUNCH**  
Veggie Pinwheel  
Go Bonzos  
Garden Salad  
Fresh Pear

**Birthday Fudge Brownie**  
*Let's Celebrate October Birthdays!*

**11**

**BREAKFAST**  
Chocolate Crescent  
Strawberry Cup

**National School Lunch Week**  
**LUNCH**  
Galaxy Pepperoni Pizza  
Golden Corn Niblets  
Romaine Salad  
Fresh Apple



**12**

**BREAKFAST**  
Apple Jacks Cereal  
String Cheese  
Diced Pears

**National School Lunch Week**  
**LUNCH**  
Beef Taco Salad  
Tortilla Chips  
Shredded Lettuce  
Shredded Cheese  
Jumpin' Kidney Beans  
Watermelon Spear

**13**

**BREAKFAST**  
French Toast  
Awesome Applesauce

**National School Lunch Week**  
**LUNCH**  
Rowland Burger  
Crinkle Cut Fries  
X-Ray Vision Carrots  
Grape Escape

**SCHOOL LUNCH WEEK**

**14**










**BREAKFAST**  
Mini Cinnis  
Wildberry Juice

**National School Lunch Week**  
**LUNCH**  
Orange Chicken with Steamed Rice  
Broccoli Tree Tops  
Garden Salad  
Banana  
Chocolate Bear Grahams

**15**

**BREAKFAST**  
Rice Krispies Cereal  
Trix Yogurt  
Orange Smiles

**National School Lunch Week**  
**LUNCH**  
Cheese Bites with Marinara  
Great Green Beans  
Kiwi Halves  
SideKick Frozen Treat

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
18	<b><u>BREAKFAST</u></b> Cinnamon Toast Crunch Cereal String Cheese Peach Cup  <b><u>LUNCH</u></b> Crispy Chicken Nuggets X-Ray Vision Carrots Go Bonzos Diced Pears States and Capitals Crackers	19	<b><u>BREAKFAST</u></b> Benefit Bar Fresh Apple   <b><u>LUNCH</u></b> Turkey Taco Nada Garden Salad Golden Corn Niblets Mixed Fruit	20	<b><u>BREAKFAST</u></b> Rice Krispies Cereal Trix Yogurt Banana  <b><u>LUNCH</u></b> Turkey & Cheese Sandwich Shredded Lettuce Crunchy Zucchini Pack Orange Smiles Cheez-It Crackers	21	<b><u>BREAKFAST</u></b> Breakfast Cluster Apple Juice  <b><u>LUNCH</u></b> Chicken Double Dogs Crinkle Cut Fries Cool Sliced Cucumbers Diced Peaches	22	<b><u>BREAKFAST</u></b> Chocolate Chip Mini Loaf Juicy Pineapple Spear  <b><u>LUNCH</u></b> Grilled Cheese Sandwich Romaine Salad Grape Tomatoes SideKick Frozen Treat
25	<b><u>Red Ribbon Week</u></b> <b><u>BREAKFAST</u></b> Blueberry Muffin Orange Juice  <b><u>LUNCH</u></b> Galaxy Pepperoni Pizza Garden Salad Great Green Beans Diced Peaches  	26	<b><u>Red Ribbon Week</u></b> <b><u>BREAKFAST</u></b> Mini Pancakes Awesome Applesauce   <b><u>LUNCH</u></b> Chicken Patty Sandwich Lettuce & Pickles Red Bell Peppers Strawberry Cup <b>Hugs Not Drugs Grahams</b>  	27	<b><u>Red Ribbon Week</u></b> <b><u>BREAKFAST</u></b> Cheerios Cereal String Cheese Wild Berry Juice  <b><u>LUNCH</u></b> Teriyaki Chicken with Steamed Rice Jumpin' Kidney Beans Broccoli Tree Tops Juicy Pineapple Spear Scooby Doo Grahams  	28	<b><u>Red Ribbon Week</u></b> <b><u>BREAKFAST</u></b> Breakfast on a Stick Grape Escape   <b><u>LUNCH</u></b> Italian Combo Sandwich Shredded Lettuce X-Ray Vision Carrots Kiwi Halves Savory Crackers   	29	<b><u>Red Ribbon Week</u></b> <b><u>BREAKFAST</u></b> Apple Jacks Cereal Trix Yogurt Orange Smiles  <b><u>LUNCH</u></b> Bean & Cheese Burrito Crunchy Zucchini Pack Garden Salad Mixed Fruit <b>EeeK! Orange &amp; Cream SideKick</b>  

\*Contains Pork  
Menu Subject to Change

**BREAKFAST**

- All breakfasts served with fruit or fruit juice.
- Dried fruit offered daily.
- Choice of nonfat and 1% low-fat milk are offered daily with all meals. •Condiments offered with appropriate menu items.



**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.
- Choice of nonfat and 1% low-fat milk are offered daily with all meals; nonfat chocolate milk now offered on Fridays!



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