

OCTOBER 2021



ROWLAND UNIFIED SCHOOL DISTRICT
K-8 Grab & Go 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
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
Cheerios Cereal
Orange Juice

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

8
BREAKFAST
Honey Nut Cheerios Cereal
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
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
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	<p><u>BREAKFAST</u> Cinnamon Toast Crunch Cereal Peach Cup</p> <p><u>LUNCH</u> Crispy Chicken Nuggets X-Ray Vision Carrots Go Bonzos Diced Pears States and Capitals Crackers</p>	19	<p><u>BREAKFAST</u> Benefit Bar Fresh Apple </p> <p><u>LUNCH</u> Turkey Taco Nada Garden Salad Golden Corn Niblets Mixed Fruit</p>	20	<p><u>BREAKFAST</u> Rice Krispies Banana</p> <p><u>LUNCH</u> Turkey & Cheese Sandwich Shredded lettuce Crunchy Zucchini Pack Orange Smiles Cheez-It Crackers</p>	21	<p><u>BREAKFAST</u> Breakfast Cluster Apple Juice</p> <p><u>LUNCH</u> Chicken Double Dogs Crinkle Cut Fries Cool Sliced Cucumbers Diced Peaches</p>	22	<p><u>BREAKFAST</u> Chocolate Chip Mini Loaf Pineapple Spear</p> <p><u>LUNCH</u> Grilled Cheese Sandwich Romaine Salad Grape Tomatoes SideKick Frozen Treat</p>	25	<p>Red Ribbon Week <u>BREAKFAST</u> Blueberry Muffin Orange Juice</p> <p><u>LUNCH</u> Galaxy Pepperoni Pizza Garden Salad Great Green Beans Diced Peaches</p> 	26	<p>Red Ribbon Week <u>BREAKFAST</u> Mini Pancakes Awesome Applesauce</p> <p><u>LUNCH</u> Chicken Patty Sandwich Lettuce & Pickles Red Bell Peppers Strawberry Cup Hugs Not Drugs Grahams</p> 	27	<p>Red Ribbon Week <u>BREAKFAST</u> Cheerios Cereal Wild Berry Juice</p> <p><u>LUNCH</u> Teriyaki Chicken with Steamed Rice Jumpin' Kidney Beans Broccoli Tree Tops Juicy Pineapple Spear Scooby Doo Grahams</p> 	28	<p>Red Ribbon Week <u>BREAKFAST</u> Concha Pan Dulce Grape Escape </p> <p><u>LUNCH</u> Italian Combo Sandwich Shredded Lettuce X-Ray Vision Carrots Kiwi Halves Savory Crackers </p> 	29	<p>Red Ribbon Week <u>BREAKFAST</u> Apple Jacks Cereal Orange Smiles</p> <p><u>LUNCH</u> Bean & Cheese Burrito Crunchy Zucchini Pack Garden Salad Mixed Fruit EeeK! Orange & Cream SideKick</p> 
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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 served on Fridays!

