

November 2020



ROWLAND UNIFIED SCHOOL DISTRICT DISTANCE LEARNING MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>2</p> <p>BREAKFAST Honey Nut Cheerios Cereal Cup Fresh Kiwi</p> <p>PUPIL FREE DAY</p> <p>LUNCH Beef Nachos Kit Crunchy Tortilla Chips Cheese Cup Beef Crumbles Black Beans OR Pinto Beans Crazy Cranberries White Milk</p>	<p>3</p> <p>BREAKFAST "Heat at Home" Entrée - Mini Pancakes Rockin' Raisins</p> <p>LUNCH Build-Your-Own Yogurt Parfait Kit Fruit Cup Yogurt Cup Granola Pack String Cheese Baby Carrot Pack Graham Crackers White Milk</p>	<p>4</p> <p>BREAKFAST Ultimate Breakfast Round Awesome Applesauce</p> <p>DISTRIBUTION DAY (11AM-1PM)</p> <p>LUNCH Hot Lunch Special Turkey and Gravy Creamy Mashed Potatoes WG Dinner Roll Fresh Fruit Brownie White Milk</p>	<p>5</p> <p>BREAKFAST Dunkin Stick String Cheese Rockin' Raisins</p> <p>LUNCH Asian Chicken Shaker Salad Romaine Lettuce Diced Chicken Mandarin Oranges Crunchy Chow Mein Noodles Savory Wheat Crackers White Milk</p> <p>NEW ITEM</p>	<p>6</p> <p>BREAKFAST NEW ITEM Cherry Muffin Crazy Cranberry</p> <p>LUNCH "Heat at Home" Entrée - WG Cheese Bites Marinara Sauce Awesome Applesauce States & Capitals Crackers White Milk</p>	<p>7</p> <p>BREAKFAST Frosted Flakes Cereal Cup String Cheese Rockin' Raisins</p> <p>LUNCH Chicken Nachos Kit Crunchy Tortilla Chips Cheese Cup Fajita Chicken Pinto Beans Rockin' Raisins White Milk</p>	<p>8</p> <p>BREAKFAST "Heat at Home" Entrée - Beef Sausage & Cheese Bagel Fresh Apple</p> <p>NEW ITEM</p> <p>LUNCH Build-Your-Own Yogurt Parfait Kit Fruit Cup Yogurt Cup Granola Pack String Cheese Baby Carrot Pack Graham Crackers White Milk</p>
<p>9</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Kiwi</p> <p>LUNCH Power Pack Golden Corn Niblets White Milk</p>	<p>10</p> <p>BREAKFAST "Heat at Home" Entrée - Chorizo Sunrise Soft Taco Rockin' Raisins</p> <p>DISTRIBUTION DAY (2:30-4:30PM)</p> <p>LUNCH Turkey Ham & Cheese Sandwich (Cold) Baby Carrot Pack Awesome Applesauce Cheddar Goldfish Crackers White Milk</p>	<p>11</p> <p>BREAKFAST Oatmeal Benefit Bar Fresh Asian Pear</p> <p>Veteran's Day</p> <p>NEW ITEM</p> <p>LUNCH BBQ Chicken Pizza Kit Fresh Apple Baby Carrot Pack White Milk</p>	<p>12</p> <p>BREAKFAST Chicken & Waffle Crazy Cranberries</p> <p>LUNCH Beef Nachos Kit Crunchy Tortilla Chips Cheese Cup Beef Crumbles Jumpin' Kidney Beans Rockin' Raisins White Milk</p>	<p>13</p> <p>BREAKFAST Buttermilk Bar Awesome Applesauce</p> <p>LUNCH "Heat at Home" - Entrée Fiesta Bean and Cheese Burrito Go Bonzo's Pack Diced Peaches States & Capitals Crackers White Milk</p>	<p>14</p> <p>BREAKFAST Frosted Flakes Cereal Cup String Cheese Diced Pears</p> <p>LUNCH "Heat at Home" - Entrée Chicken Double Dogs Baby Carrot Pack Awesome Applesauce White Milk</p>	<p>15</p> <p>BREAKFAST "Heat at Home" Entrée - Beef Sausage & Cheese Bagel Fresh Apple</p> <p>LUNCH Build-Your-Own Yogurt Parfait Kit Fruit Cup Yogurt Cup Granola Pack Go Bonzo's Pack Scooby Doo Graham Crackers White Milk</p>

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. Detailed heating instructions included in meal bag insert.

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. Detailed heating instructions included in meal bag insert.

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16	BREAKFAST Cinnamon Toast Cereal Cup Fresh Kiwi LUNCH Power Pack Golden Corn Niblets White Milk	17	BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins LUNCH Power Pack Go Bonzo's Pack White Milk	18	BREAKFAST Ultimate Breakfast Round Awesome Applesauce DISTRIBUTION DAY (11AM-1PM) LUNCH Hot Lunch Special Turkey and Gravy Creamy Mashed Potatoes WG Dinner Roll Fresh Asian Pear White Milk	19	BREAKFAST "Heat at Home" Entrée - Mini Pancakes Crazy Cranberries LUNCH Chicken Nachos Kit Crunchy Tortilla Chips Cheese Cup Fajita Chicken Pinto Beans Rockin' Raisins White Milk	20	BREAKFAST Cherry Muffin Awesome Applesauce LUNCH "Heat at Home" Entrée - Galaxy Pizza Go Bonzo's Pack Diced Peaches States & Capitals Crackers White Milk	21	BREAKFAST Frosted Flakes Cereal Cup String Cheese Diced Pears LUNCH "Heat at Home" Entrée - Turkey Taco Nada Baby Carrot Pack Awesome Applesauce White Milk	22	BREAKFAST "Heat at Home" - Entrée Chorizo Sunrise Soft Taco Fresh Apple LUNCH Build-Your-Own Yogurt Parfait Kit Fruit Cup Yogurt Cup Granola Pack Go Bonzo's Pack String Cheese Scooby Doo Graham Crackers White Milk	23	BREAKFAST Cinnamon Toast Cereal Cup Fresh Kiwi LUNCH Power Pack Golden Corn Niblets White Milk	24	BREAKFAST Breakfast Cluster Rockin' Raisins DISTRIBUTION DAY (11AM-1PM) LUNCH Turkey Ham & Cheese Sandwich (Cold) Baby Carrot Pack Fresh Asian Pear Cheddar Goldfish Crackers White Milk	25	BREAKFAST Benefit Oatmeal Bar Awesome Applesauce LUNCH "Heat at Home" Entrée - Chicken Double Dogs Fresh Fruit Go Bonzo's Pack White Milk	26	BREAKFAST Lucky Charms Cereal Cup Fresh Asian Pear LUNCH "Heat at Home" Entrée - Turkey Taco Nada Baby Carrot Pack Rockin' Raisins Turkey Cookie White Milk	27	BREAKFAST Buttermilk Bar Crazy Cranberries LUNCH "Heat at Home" Entrée - Veggie Pinwheel Go Bonzo's Pack Fresh Kiwi States & Capitals Crackers White Milk	28	BREAKFAST Frosted Flakes Cereal Cup String Cheese Awesome Applesauce LUNCH Power Pack Baby Carrot Pack White Milk	29	BREAKFAST Honey Nut Cheerios Cereal Cup Fresh Apple LUNCH Build-Your-Own Yogurt Parfait Kit Fruit Cup Yogurt Cup Granola Pack String Cheese Go Bonzo's Pack Scooby Doo Graham Crackers White Milk	30	BREAKFAST Cinnamon Toast Cereal Cup Fresh Kiwi LUNCH Power Pack Go Bonzo's Pack White Milk	1-Dec	BREAKFAST Cocoa Puffs Cereal Cup Rockin' Raisins LUNCH Power Pack Go Bonzo's Pack White Milk	2-Dec	BREAKFAST Benefit Oatmeal Bar Awesome Applesauce DISTRIBUTION DAY (11AM-1PM) LUNCH Hot Lunch Special Rowland Burger Pickles Baby Carrot Pack Fresh Asian Pear Cheddar Goldfish Crackers White Milk	3-Dec	BREAKFAST "Heat at Home" Entrée - Mini Pancakes LUNCH "Heat at Home" Entrée - Chicken Double Dogs Fresh Apple Baby Carrot Pack White Milk	4-Dec	BREAKFAST Cherry Muffin Crazy Cranberries LUNCH "Heat at Home" Entrée - Grilled "Say Cheese" Sandwich Go Bonzo's Pack Diced Peaches States & Capitals Crackers White Milk	5-Dec	BREAKFAST Frosted Flakes Cereal Cup String Cheese Diced Pears LUNCH "Heat at Home" Entrée - Turkey Taco Nada Baby Carrot Pack Awesome Applesauce White Milk	6-Dec	BREAKFAST "Heat at Home" Entrée - Beef Sausage & Cheese Bagel Fresh Apple LUNCH Chicken Nachos Kit Crunchy Tortilla Chips Cheese Cup Fajita Chicken Pinto Beans Rockin' Raisins White Milk
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