

ROWLAND UNIFIED SCHOOL DISTRICT
DISTANCE LEARNING MENU

December 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>7</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Kiwi</p> <p>LUNCH Fruit & Yogurt Parfait Granola Pack Go Bonzo's pack Bunny Graham Crackers White Milk</p>	<p>8</p> <p>BREAKFAST Honey Nut Cheerios Cup Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>9</p> <p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special Penne Pasta w/Meat Sauce Golden Corn Niblets Fresh Asian Pear Cheddar Goldfish Crackers White Milk</p>	<p>10</p> <p>BREAKFAST Chicken & Waffle Crazy Cranberries</p> <p>NEW ITEM</p> <p>LUNCH Pepperoni Pizza Kit Baby Carrot Pack Fresh Apple White Milk</p>	<p>11</p> <p>BREAKFAST Breakfast Cluster Rockin' Raisins</p> <p>LUNCH "Heat at Home" Entrée - Fiesta Bean and Cheese Burrito Baby Carrot Pack Fun Fruit Mix States & Capitals Crackers White Milk</p>	<p>12</p> <p>BREAKFAST PB&J Jamwich <u>OR</u> Bagel w/ Cream Cheese Diced Pears</p> <p>LUNCH "Heat at Home" Entrée - Chicken Double Dogs Baby Carrot Pack Awesome Applesauce White Milk</p>	<p>13</p> <p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Beef Nachos Kit Crunchy Tortilla Chips Shredded Cheese Cup Beef Crumbles Jumpin' Kidney Beans Crazy Cranberries White Milk</p>
<p>14</p> <p>BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple</p> <p>LUNCH Build-Your-Own Yogurt Parfait Kit Fruit Cup Yogurt Cup Granola Pack String Cheese Go Bonzo's pack Bunny Graham Crackers White Milk</p>	<p>15</p> <p>BREAKFAST Honey Nut Cheerios Cup Rockin' Raisins</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>16</p> <p>BREAKFAST Ultimate Breakfast Round Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special Teriyaki Chicken & Brown Rice Golden Corn Niblets Fresh Asian Pear Cheddar Goldfish Crackers White Milk</p>	<p>17</p> <p>BREAKFAST Mini Pancakes Crazy Cranberries</p> <p>NEW ITEM</p> <p>LUNCH Shaker Salad Diced Chicken Lettuce Shredded Cheese Grape Tomatoes Fresh Apple Savory Wheat Crackers White Milk</p>	<p>18</p> <p>BREAKFAST Cherry Muffin Rockin' Raisins</p> <p>PUPIL FREE DAY</p> <p>LUNCH "Heat at Home" - Entrée Grilled "Say Cheese" Sandwich Baby Carrot Pack Fun Fruit Mix States & Capitals Crackers White Milk</p>	<p>19</p> <p>BREAKFAST "Heat at Home" Entrée - Beef Sausage & Cheese Bagel Diced Pears</p> <p>LUNCH "Heat at Home" - Entrée Turkey Taco Nada Baby Carrot Pack Awesome Applesauce White Milk</p>	<p>20</p> <p>BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi</p> <p>LUNCH Chicken Nachos Kit Crunchy Tortilla Chips Shredded Cheese Cup Fajita Chicken Pinto Beans Crazy Cranberries White Milk</p>

BREAKFAST

- All breakfast meals are served with fruit.
- "Heat at Home" Breakfast Entrees- will be provided frozen and must be heated to a minimum temperature of 165 degrees prior to consumption. Detailed heating instructions can be found at www.rowlandnutrition.org --> menus--> other documents.

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 frozen and must be heated to a minimum temperature of 165 degrees prior to consumption. Detailed heating instructions can be found at www.rowlandnutrition.org --> menus--> other documents.

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21	BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple LUNCH Build-Your-Own Yogurt Parfait Kit Fruit Cup Yogurt Cup Granola Pack String Cheese Go Bonzo's pack Bunny Graham Crackers White Milk	22	BREAKFAST Honey Nut Cheerios Cereal Cup Rockin' Raisins LUNCH Power Pack Go Bonzo's Pack White Milk	23	BREAKFAST Benefit Oatmeal Bar Awesome Applesauce DISTRIBUTION DAY (11 AM - 1 PM) LUNCH Turkey Ham & Cheese Sandwich Baby Carrot Pack Fresh Asian Pear Holiday Tree Cookie White Milk	24	BREAKFAST Cinnamon Toast Cereal Cup Crazy Cranberries LUNCH "Heat at Home" Entrée - Chicken Double Dogs Fresh Apple Go Bonzo's Pack White Milk	25	BREAKFAST Breakfast Cluster Rockin' Raisins LUNCH "Heat at Home" Entrée - Galaxy Pizza Baby Carrot Pack Rockin' Raisins Cheddar Goldfish Crackers White Milk	26	BREAKFAST Cherry Muffin Diced Pears LUNCH "Heat at Home" Entrée - Cheeseburger Minis Baby Carrot Pack Awesome Applesauce White Milk	27	BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi LUNCH Power Pack Go Bonzo's Pack White Milk	28	BREAKFAST Cinnamon Toast Cereal Cup Fresh Apple LUNCH Fruit & Yogurt Parfait Granola Pack Go Bonzo's pack Bunny Graham Crackers White Milk	29	BREAKFAST Honey Nut Cheerios Rockin' Raisins LUNCH Power Pack Go Bonzo's Pack White Milk	30	BREAKFAST Benefit Oatmeal Bar Awesome Applesauce DISTRIBUTION DAY (11 AM - 1 PM) LUNCH Turkey Ham & Cheese Sandwich Baby Carrot Pack Fresh Asian Pear Cheddar Goldfish Crackers White Milk	31	BREAKFAST Cinnamon Toast Cereal Cup Crazy Cranberries LUNCH "Heat at Home" Entrée - Chicken Double Dogs Fresh Apple Go Bonzo's Pack White Milk	1-Jan	BREAKFAST Breakfast Cluster Rockin' Raisins LUNCH "Heat at Home" Entrée - Galaxy Pizza Baby Carrot Pack Rockin' Raisins White Milk	2-Jan	BREAKFAST Cherry Muffin Diced Pears LUNCH "Heat at Home" Entrée - Cheeseburger Minis Baby Carrot Pack Awesome Applesauce White Milk	3-Jan	BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi LUNCH Power Pack Go Bonzo's Pack White Milk	4-Jan	BREAKFAST Cinnamon Toast Cereal Cup Fresh Kiwi LUNCH Fruit & Yogurt Parfait Granola Pack Go Bonzo's pack Bunny Graham Crackers White Milk	5-Jan	BREAKFAST Honey Nut Cheerios Rockin' Raisins LUNCH Power Pack Go Bonzo's Pack White Milk	6-Jan	BREAKFAST Benefit Oatmeal Bar Awesome Applesauce DISTRIBUTION DAY (11 AM - 1 PM) LUNCH Turkey Ham & Cheese Sandwich Baby Carrot Pack Fresh Asian Pear Cheddar Goldfish Crackers White Milk	7-Jan	BREAKFAST Cinnamon Toast Cereal Cup Crazy Cranberries LUNCH "Heat at Home" Entrée - Chicken Double Dogs Fresh Apple Baby Carrot Pack White Milk	8-Jan	BREAKFAST Cherry Muffin Crazy Cranberries LUNCH "Heat at Home" Entrée - Galaxy Pizza Baby Carrot Pack Rockin' Raisins White Milk	9-Jan	BREAKFAST Cherry Muffin Diced Pears LUNCH "Heat at Home" Entrée - Cheeseburger Minis Baby Carrot Pack Awesome Applesauce White Milk	10-Jan	BREAKFAST Cocoa Puffs Cereal Cup Fresh Kiwi LUNCH Power Pack Go Bonzo's Pack White Milk
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