

ROWLAND UNIFIED SCHOOL DISTRICT
DISTANCE LEARNING MENU

MAY 2021

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

- All breakfast meals are served with fruit or vegetable.
- "Heat at Home" Breakfast Entrees- will be provided partially thawed and must be heated to a minimum temperature of 165 degrees prior to consumption.



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 - must be heated to a minimum temperature of 165 degrees prior to consumption.

<p>3</p> <p>BREAKFAST Mini Cinnis Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Chicken Nuggets Golden Corn Niblets Fresh Fruit Cheez-It Crackers White Milk</p>	<p>4</p> <p>BREAKFAST Bagel with Cream Cheese Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Cheese Bites Marinara Sauce Rockin' Raisins Chocolate Bear Graham Crackers White Milk</p>	<p>5</p> <p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p style="background-color: red; color: white; text-align: center;">DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special BBQ Rib Sandwich Crunchy Celery Pack Fresh Fruit White Milk</p>	<p>6</p> <p>BREAKFAST "Heat at Home" Entrée - Colby Cheese Omelet Bunny Graham Crackers Salsa</p> <p>LUNCH Shaker Salad <i>INCLUDES: Diced Turkey Ham Romaine Lettuce, Grape Tomatoes Shredded Cheese</i> Fun Fruit Mix Savory Crackers White Milk</p>	<p>7</p> <p>BREAKFAST Harvest Muffin Diced Pears</p> <p>LUNCH "Heat at Home" Entrée - Veggie Pinwheel Baby Carrot Pack Awesome Applesauce White Milk</p>	<p>8</p> <p>BREAKFAST Cereal Cup Fresh Fruit</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>9</p> <p>BREAKFAST Cereal Cup Fresh Fruit</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>
<p>10</p> <p>BREAKFAST "Heat at Home" Entrée - Mini Pancakes Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Chicken Corn Dog Great Green Beans Fresh Fruit White Milk</p>	<p>11</p> <p>BREAKFAST Buttermilk Bar Fresh Fruit</p> <p>LUNCH Hawaiian Pizza Kit Savory Black Beans Fresh Fruit White Milk</p>	<p>12</p> <p>BREAKFAST Cinnamon Crumble Awesome Applesauce</p> <p style="background-color: red; color: white; text-align: center;">DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special Chicken Patty Sandwich Crunchy Celery Pack Fresh Fruit White Milk</p>	<p>13</p> <p>BREAKFAST "Heat at Home" Entrée - Chicken & Waffle Fun Fruit Mix</p> <p>LUNCH Beef Nachos Kit <i>INCLUDES: Beef Crumbles Crunchy Tortilla Chips Cheddar Cheese Cup Pinto Beans</i> Diced Peaches White Milk</p>	<p>14</p> <p>BREAKFAST Breakfast Cluster Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Fiesta Bean & Cheese Burrito Baby Carrot Pack Awesome Applesauce White Milk</p>	<p>15</p> <p>BREAKFAST Cereal Cup Fresh Fruit</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>16</p> <p>BREAKFAST Cereal Cup Fresh Fruit</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>17</p> <p>BREAKFAST Mini Cinnis Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Chicken Nuggets Golden Corn Niblets Fresh Fruit Cheez-It Crackers White Milk</p>	<p>18</p> <p>BREAKFAST Bagel with Cream Cheese Fresh Fruit</p> <p>LUNCH Hawaiian Pizza Kit Savory Black Beans Fresh Fruit White Milk</p>	<p>19</p> <p>BREAKFAST Benefit Oatmeal Bar Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special BBQ Rib Sandwich Crunchy Celery Pack Fresh Fruit White Milk</p>	<p>20</p> <p>BREAKFAST "Heat at Home" Entrée - Colby Cheese Omelet Bunny Graham Crackers Salsa</p> <p>LUNCH Shaker Salad INCLUDES: <i>Diced Turkey Ham</i> <i>Romaine Lettuce, Grape Tomatoes</i> <i>Shredded Cheese</i> Fun Fruit Mix Savory Crackers White Milk</p>	<p>21</p> <p>BREAKFAST Harvest Muffin Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Galaxy Cheese Pizza Baby Carrot Pack Awesome Applesauce White Milk</p>	<p>22</p> <p>BREAKFAST Cereal Cup Fresh Fruit</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>23</p> <p>BREAKFAST Cereal Cup Fresh Fruit</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>
<p>24</p> <p>BREAKFAST "Heat at Home" Entrée - Mini Pancakes Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Chicken Corn Dog Great Green Beans Fresh Fruit White Milk</p>	<p>25</p> <p>BREAKFAST Buttermilk Bar Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Turkey Taco Nada Savory Black Beans Rockin' Raisins Chocolate Bear Graham Crackers White Milk</p>	<p>26</p> <p>BREAKFAST Cinnamon Crumble Awesome Applesauce</p> <p>DISTRIBUTION DAY (11 AM - 1 PM)</p> <p>LUNCH Hot Lunch Special Chicken Patty Sandwich Crunchy Celery Pack Fresh Fruit White Milk</p>	<p>27</p> <p>BREAKFAST "Heat at Home" Entrée - Chicken & Waffle Fun Fruit Mix</p> <p>LUNCH Beef Nachos Kit INCLUDES: <i>Beef Crumbles</i> <i>Crunchy Tortilla Chips</i> <i>Cheddar Cheese Cup</i> <i>Pinto Beans</i> Diced Peaches White Milk</p>	<p>28</p> <p>BREAKFAST Breakfast Cluster Fresh Fruit</p> <p>LUNCH "Heat at Home" Entrée - Veggie Pinwheel Baby Carrot Pack Awesome Applesauce White Milk</p>	<p>29</p> <p>BREAKFAST Cereal Bowl Scooby Doo Graham Crackers Fresh Fruit</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>	<p>30</p> <p>BREAKFAST Cereal Cup Fresh Fruit</p> <p>LUNCH Power Pack Go Bonzo's Pack White Milk</p>

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BREAKFAST
Mini Cinnis
Fresh Fruit

LUNCH
"Heat at Home" Entrée -
Chicken Nuggets
Golden Corn Niblets
Fresh Fruit
Cheez-It Crackers
White Milk



NO SCHOOL



Take Your Game to the Next Level

Get points for eating your colors!

Choose fruits and veggies at meals and snacks.

They'll help you be your best at school and at play.

DIG IN!
Explore a world of possibilities in the garden and on your plate.

USDA U.S. Department of Agriculture - Food and Nutrition Service



Nutrition Services News

Heating instructions can be found on www.rowlandnutrition.org



To be kind to the environment, Nutrition Services is no longer printing bag inserts with meal preparation instructions.

[CLICK HERE TO DOWNLOAD MEAL PREPARATION INSTRUCTIONS](#)