

August 2021

ROWLAND UNIFIED SCHOOL DISTRICT
K - 8 BREAKFAST & LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9</p> <p><u>BREAKFAST</u> Cinnamon Toast Crunch Cereal Cup String Cheese Wild Berry Juice</p> <p><u>LUNCH</u> Golden Chicken Nuggets X-Ray Vision Carrots Great Green Beans Cranberry Pack States and Capitals Crackers</p>	<p>10</p> <p><u>BREAKFAST</u> Concha Pan Dulce Awesome Applesauce</p> <p><u>LUNCH</u> Savory Turkey Taco Nada Fresh Broccoli Florets Sweet Corn Niblets Fresh Peach</p>	<p>11</p> <p><u>BREAKFAST</u> Rice Krispies Cereal Cup String Cheese Grape Escape</p> <p><u>LUNCH</u> Turkey & Cheese Sandwich Grape Tomatoes Pack X-Ray Vision Carrots Orange Smiles</p>	<p>12</p> <p><u>BREAKFAST</u> Cinnamon Crumble Bread Banana Rama</p> <p><u>LUNCH</u> Twin Double Dogs Excellent Edamame Crunchy Zucchini Watermelon Spear</p>	<p>13</p> <p><u>BREAKFAST</u> Mini Loaf Trix Yogurt Pineapple Spear</p> <p><u>LUNCH</u> Grilled "Say Cheese" Sandwich X-Ray Vision Carrots Go Bonzo Chickpeas SideKick Frozen Treat Let's Celebrate Cupcake! Let's Celebrate July & August Birthdays!</p>
<p>16</p> <p><u>BREAKFAST</u> Blueberry Muffin Fruit Cup</p> <p><u>LUNCH</u> Galaxy Pepperoni Pizza Sweet Corn Niblets Grape Tomatoes Rockin' Raisins</p>	<p>17</p> <p><u>BREAKFAST</u> Mini Pancakes Orange Juice</p> <p><u>LUNCH</u> Chicken Patty Sandwich X-Ray Vision Carrots Crunchy Jicama Sticks Pineapple Spear Cheez-It Crackers</p>	<p>18</p> <p><u>BREAKFAST</u> Honey Nut Cheerios Cereal Bowl Trix Yogurt Banana Rama</p> <p><u>LUNCH</u> Teriyaki Chicken & Steamed Rice Excellent Edamame Fresh Broccoli Florets Fresh Nectarine Scooby Doo Graham Crackers</p>	<p>19</p> <p><u>BREAKFAST</u> Breakfast on a Stick Fresh Apple</p> <p><u>LUNCH</u> Italian Sub Sandwich X-Ray Vision Carrots Go Bonzo Chickpeas Orange Smiles</p>	<p>20</p> <p><u>BREAKFAST</u> Chocolate Chip Benefit Bar Grape Escape</p> <p><u>LUNCH</u> Fiesta Bean & Cheese Burrito Fresh Green Salad Crunchy Zucchini Diced Pears</p>

BREAKFAST

- All breakfasts served with fruit or fruit juice.
- All students must select a minimum 1/2 cup fruit or vegetable with meal.
- 1% low-fat milk is offered daily with all meals.



LUNCH

- All students must select a minimum 1/2 cup fruit or vegetable with meal.
- Additional fresh fruit and vegetables are available on the food bar.
- Condiments offered with appropriate menu items.
- 1% low-fat milk is offered daily with all meals.
- Second choice entree is a Power Pack - packed with protein, this meal includes a Sunbutter Cup, WG Crackers, Seeds, and Dried Fruit.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23</p> <p><u>BREAKFAST</u> Pancakes and Sausage* Wildberry Juice</p> <p><u>LUNCH</u> WowButter & Jelly Sandwich X-Ray Vision Carrots Fresh Broccoli Florets Crisp Apple</p>	<p>24</p> <p><u>BREAKFAST</u> Frosted Flakes Cereal String Cheese Perfect Peaches</p> <p><u>LUNCH</u> Mini Cheeseburgers Sweet Corn Niblets Jumpin' Kidney Beans SideKick Frozen Treat</p>	<p>25</p> <p><u>BREAKFAST</u> Concha Pan Dulce Orange Smiles</p> <p><u>LUNCH</u> Turkey Pepperoni Calzone X-Ray Vision Carrots Cool Cucumber Pack Fun Fruit Mix Chocolate Bear Grahams</p>	<p>26</p> <p><u>BREAKFAST</u> Cheerios Cereal Bowl Trix Yogurt Grape Escape</p> <p><u>LUNCH</u> Crispy Breaded Chicken Drumstick Whole Grain Biscuit Crunchy Zucchini Grape Tomatoes Fresh Pear</p>	<p>27</p> <p><u>BREAKFAST</u> Harvest Muffin Apple Juice</p> <p><u>LUNCH</u> Moo Mac & Cheese X-Ray Vision Carrots Jumpin' Kidney Beans Watermelon Spear Savory Crackers</p>
<p>30</p> <p><u>BREAKFAST</u> Buttermilk Bar Fruit Cup</p> <p><u>LUNCH</u> Golden Popcorn Chicken Sweet Corn Niblets Crunchy Zucchini Fun Fruit Mix Bunny Graham Crackers</p>	<p>31</p> <p><u>BREAKFAST</u> Chorizo Sunrise Stick Pineapple Spear</p> <p><u>BREAKFAST FOR LUNCH</u> French Toast with Sausage Link* Banana Rama Cool Cucumber Pack X-Ray Vision Carrots</p>			



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