

Meals, foods and beverages sold or served at schools meet state and federal requirements which are based on the USDA Dietary Guidelines.

We provide students with access to a variety of affordable and appealing foods that meet their health and nutrition needs.

2021-2022 Prices
Milk (a la carte) \$0.50

Need to make a payment?

Visit <https://family.titank12.com/>
A \$2.60 transaction fee applies.

Online payments are a simple, safe and secure way to make payments to your students account 24 hours a day at your convenience.



Visit us Online!
WWW.ROWLANDNUTRITION.ORG

- ⇒ Meal Prepayment Options
- ⇒ School Menus
- ⇒ Menu Nutrition Info
- ⇒ Special Meal Accommodations
- ⇒ Department Updates

Department Address:
4032 S. Ellesford Ave.
West Covina, CA 91792

Phone: 626-854-8312

“Promoting Student Success One Meal at a Time”

Nogales & Rowland High School



MENU

Our goal is to provide nutritious and attractive meals to students each day in order to support their education and health.

BREAKFAST

All breakfast meals include a whole grain entrée served with fruit or fruit juice.

Choice of 1% low-fat white milk or non-fat white milk are offered daily with all meals.

LUNCH

All lunch meals include a nutritious entrée served with a variety of fruits and vegetables.

Choice of 1% low-fat white milk or non-fat white milk are offered daily with all meals.

* = Food contains pork

Menu Subject to change.

Menu item availability may vary.

This institution is an equal opportunity provider.

BREAKFAST MENU

MON	Mini Pancakes Chocolate Chip Benefit Bar Cereal with String Cheese
TUES	Cinnamon Crumble Bread Concha Pan Dulce Cereal with String Cheese
WED	Mini Pancakes Chocolate Chip Benefit Bar Cereal with String Cheese
THURS	Cinnamon Crumble Bread Concha Pan Dulce Cereal with String Cheese
FRI	Bagel w/Cream Cheese Cherry Muffin Cereal with String Cheese

LUNCH MENU

AVAILABLE DAILY

Gourmet Wrap
Yogurt Parfait

AVAILABLE WEEKLY

MON	Chicken Drumstick w/Warm Biscuits Mini Cheeseburgers Bean & Cheese Burrito
TUES	Spicy Chicken Sandwich Beef Dunkers & Broccoli Rice Bowl WG Turkey Pepperoni Calzone
WED	Chicken Drumstick w/Warm Biscuits Mini Cheeseburgers Bean & Cheese Burrito
THURS	Orange Chicken Rice Bowl Spicy Chicken Sandwich WG Turkey Pepperoni Calzone
FRI	Pizza Hut* Chicken Nuggets WowButter & Jelly Sandwich