

November 2021



ROWLAND UNIFIED SCHOOL DISTRICT K-8 Grab and Go Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Pupil Free Day!</p>	<p>2</p> <p>BREAKFAST Cereal Scooby Doo Grahams Diced Peaches</p> <p>LUNCH All American Burger X-Ray Vision Carrots Great Green Beans Fresh Fruit</p>	<p>3</p> <p>BREAKFAST Cereal Bunny Grahams Fresh Fruit</p> <p>LUNCH Turkey Pepperoni Calzone Garden Salad Golden Corn Niblets Fresh Fruit</p>	<p>4</p> <p>BREAKFAST Concha Pan Dulce Fresh Fruit</p> <p>LUNCH Breaded Chicken Drumstick Buttermilk Biscuit Romaine Salad Grape Tomatoes Fresh Fruit</p>	<p>5</p> <p>BREAKFAST Benefit Bar Fresh Fruit</p> <p>LUNCH Cheese Quesadilla Garden Salad Jumpin' Kidney Beans Diced Apricots Chocolate Bear Grahams</p>
<p>8</p> <p>BREAKFAST Buttermilk Bar Diced Peaches</p> <p>LUNCH Popcorn Chicken Golden Corn Niblets Crisp Celery Diced Pears Bunny Graham Crackers</p>	<p>9</p> <p>BREAKFAST Cereal Chocolate Bear Grahams Fresh Fruit</p> <p>LUNCH Corn Dog Grape Tomatoes Cool Cucumber Coins Fresh Fruit</p>	<p>10</p> <p>BREAKFAST Honey Bun Diced Pears</p> <p>LUNCH Beef Dippers with Savory Rice Romaine Salad Great Green Beans SideKick Fruit Treat</p>	<p>11</p> <p>NO SCHOOL</p> <p>VETERANS DAY</p>	<p>12</p> <p>BREAKFAST Cereal Scooby Doo Grahams Fruit Cup</p> <p>LUNCH Veggie Pinwheel Go Bonzos X-Ray Vision Carrots Fresh Fruit Happy Birthday Treat <i>Celebrate November Birthdays!</i></p>

Grab and Go BREAKFAST


- All students offered a "to go" breakfast meal that includes the main entree, 1 cup of fruit, and milk.
- Condiments offered with appropriate menu items.



LUNCH

- All students must select a minimum 1/2 cup fruit or vegetable with their meal.
- Additional fresh fruit and vegetables are available on the food bar.
- 1% Lowfat and Nonfat White Milk are offered Monday through Thursday; 1% Lowfat and Nonfat Chocolate Milk are offered on Friday.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15</p> <p>BREAKFAST Chocolate Crescent Awesome Applesauce</p> <p>LUNCH Galaxy Pepperoni Pizza Romaine Salad Jumpin' Kidney Beans Diced Peaches</p>	<p>16</p> <p>BREAKFAST Cereal Bunny Grahams Diced Pears</p> <p>LUNCH Orange Chicken with Steamed Rice Broccoli Tree Tops Fresh Fruit Sunrise Bites Crackers</p>	<p>17</p> <p>BREAKFAST Concha Pan Dulce Fresh Fruit</p> <p>LUNCH Rowland Burger Crinkle Cut Fries X-Ray Vision Carrots Fresh Fruit</p>	<p>18</p> <p>BREAKFAST Mini Cinnis Fruit Cup</p> <p>LUNCH Turkey & Gravy Mashed Potatoes Dinner Roll Great Green Beans Garden Salad Fresh Fruit</p>	<p>19</p> <p>BREAKFAST Cereal Chocolate Bear Grahams Fresh Fruit</p> <p>LUNCH Cheese Bites with Marinara Sauce Crunchy Zucchini Fresh Fruit Turkey Cookie</p>
<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>29</p> <p>BREAKFAST Cereal Scooby Doo Grahams Mixed Fruit</p> <p>LUNCH Chicken Nuggets X-Ray Vision Carrots Go Bonzos Fresh Fruit State and Capitals Crackers</p>	<p>30</p> <p>BREAKFAST Benefit Bar - Chocolate Chip Fresh Fruit</p> <p>LUNCH Turkey Taco Nada Garden Salad Golden Corn Niblets Fresh Fruit</p>	<div style="background-color: #90EE90; padding: 10px; border: 1px solid #FFD700;"> <p style="text-align: center;">Have you filled out an Education Benefit Form?</p> <p>Although Rowland USD is participating in Unversal Meals, all families are asked to fill out an Education Benefit Form. By completing this survey, you are ensuring that your child's school receives the funding needed. Visit: rowlandusd.rocketscanapps.com or call Nutrition Services at (626) 854-8312.</p> </div>		<p style="text-align: center;">CHECK OUT OUR</p>  <p style="text-align: center;">WEB SITE!</p> <p style="text-align: center;">www.rowlandnutrition.org</p>

