

# November 2021



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

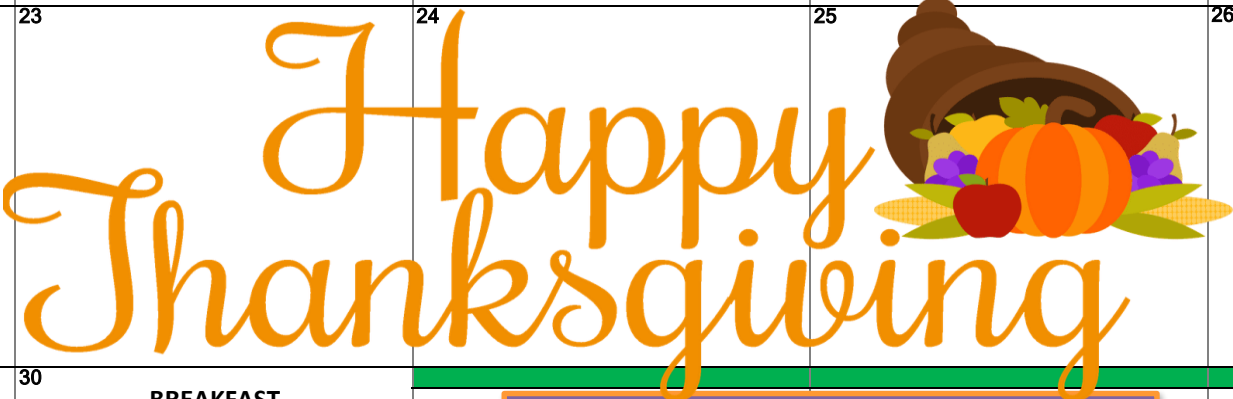

## BREAKFAST

- All students must select a minimum 1/2 cup fruit with their meal.
- Additional dried fruit offered daily with breakfast.
- 1% Lowfat and Nonfat White Milk are offered daily with all meals.
- 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><b>BREAKFAST</b> Chocolate Crescent Awesome Applesauce</p> <p><b>LUNCH</b> Galaxy Pepperoni Pizza Romaine Salad Jumpin' Kidney Beans Diced Peaches</p>	<p>16</p> <p><b>BREAKFAST</b> Cereal String Cheese Diced Pears</p> <p><b>LUNCH</b> Orange Chicken with Steamed Rice Broccoli Tree Tops Fresh Fruit Sunrise Bites Crackers</p>	<p>17</p> <p><b>BREAKFAST</b> French Toast Fruit Juice</p> <p><b>LUNCH</b> Rowland Burger Crinkle Cut Fries X-Ray Vision Carrots Fresh Fruit</p>	<p>18</p> <p><b>BREAKFAST</b> Mini Cinnis Fruit Cup</p> <p><b>LUNCH</b> Turkey &amp; Gravy Mashed Potatoes Dinner Roll Great Green Beans Garden Salad Fresh Fruit</p>	<p>19</p> <p><b>BREAKFAST</b> Cereal Trix Yogurt Fresh Fruit</p> <p><b>LUNCH</b> Cheese Bites with Marinara Sauce Crunchy Zucchini Fresh Fruit Turkey Cookie</p>
<p>22</p>	 <p>Happy Thanksgiving</p>			<p>26</p>
<p>29</p> <p><b>BREAKFAST</b> Cereal String Cheese Mixed Fruit</p> <p><b>LUNCH</b> Chicken Nuggets X-Ray Vision Carrots Go Bonzos Fresh Fruit State and Capitals Crackers</p>	<p>30</p> <p><b>BREAKFAST</b> Benefit Bar - Chocolate Chip Fresh Fruit</p> <p><b>LUNCH</b> Turkey Taco Nada Garden Salad Golden Corn Niblets Fresh Fruit</p>	<p style="text-align: center;"><b>Have you filled out an Education Benefit Form?</b></p> <p>Although Rowland USD is participating in Universal Meals, all families are asked to fill out an <b>Education Benefit Form</b>. By completing this survey, you are ensuring that your child's school receives the funding needed. Visit: <a href="http://rowlandusd.rocketscanapps.com">rowlandusd.rocketscanapps.com</a> or call Nutrition Services at (626) 854-8312.</p>		<p style="text-align: center;"><b>CHECK OUT OUR</b></p>  <p style="text-align: center;"><b>WEB SITE!</b></p> <p style="text-align: center;"><a href="http://www.rowlandnutrition.org">www.rowlandnutrition.org</a></p>