

MARCH 2015

ALVARADO INTERMEDIATE

ROWLAND UNIFIED SCHOOL DISTRICT

Meal Prices










Breakfast: \$1.25
 Lunch: \$2.00
 8 oz. Milk A La Carte: \$0.40

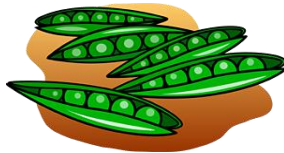
Second Choice

Additional menu entrees offered daily.
 Choice of 1% Low Fat White Milk or Fat Free Chocolate Milk is offered daily for breakfast and lunch.
 Condiments are offered with appropriate menu items.

Prepayments

Prepayments can be made at the school cafeteria, at the District, or online at www.myschoolbucks.com. Please make checks payable to RUSD Nutrition Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><u>DR. SEUSS'S BIRTHDAY</u> Popcorn Chicken Spinach Salad Corn Niblets Fruit Juice Diced Peaches Happy Birthday Cupcake</p> 	<p>3</p> <p>Orange Chicken Rice Bowl Cauliflower Buds Green Beans Fresh Fruit Mixed Fruit</p> 	<p>4</p> <p>Pizza Hut Entrée* Combo Salad Fresh Fruit Raisels</p>	<p>5</p> <p>Turkey Hot Dog Cucumber Slices Grape Tomatoes Fresh Fruit Diced Pears</p> 	<p>6</p> <p>Three Bean Chili with Chips Carrot Pack Jicama Sticks Fresh Fruit Apricot Halves</p> 
<p>NATIONAL SCHOOL BREAKFAST WEEK March 2nd - March 6th</p>  				
<p>9</p> <p>Turkey and Cheese Sandwich Garden Salad Diced Red Peppers Fresh Fruit Applesauce</p> 	<p>10</p> <p>Teriyaki Chicken Rice Bowl Green Peas Zucchini Coins Fresh Fruit Diced Peaches</p>	<p>11</p> <p>Pizza Hut Entrée* Combo Salad Fresh Fruit Dried Fruit Mix</p> 	<p>12</p> <p>Chicken Corn Dog Cowboy Beans Baby Carrots Fresh Fruit Mixed Fruit</p>	<p>13</p> <p>Cheese Quesadilla Spinach Salad Celery Sticks Fruit Juice Diced Pears</p> 



The Harvest of the Month featured vegetable is **PEAS.**

- A ½ cup of peas (fresh or cooked) is an excellent source of vitamin K.
- Peas are also a good source of fiber, vitamin C, vitamin A, folate, and thiamin.
- Thiamin is also called vitamin B¹. It helps keep the body's nerves healthy.







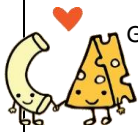

Menu subject to change

"USDA is an equal opportunity provider and employer."

*Contains pork

Interested in being a Food Service Asst. I (or Substitute) at Rowland USD?
 Apply online at www.rowlandschools.org between March 6 and March 27, 2015.
 \$11.55 - \$14.04 per hour / 2 to 3 hours per day

To learn more about the Free and Reduced-Price Meal Program,
 call (626) 854-8315.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>16</p> <p>Chicken Patty Sandwich Ranch Beans Coleslaw Fruit Juice Diced Peaches</p>	<p>17</p> <p>Teriyaki Beef Dunkers Savory Rice Cauliflower Buds Zucchini Coins Fresh Fruit Mixed Fruit Shamrock Cookie</p> 	<p>18</p> <p>Pizza Hut Entrée* Combo Salad Fresh Fruit Raisels</p>	<p>19</p> <p>Pasta with Meat Sauce Mozzarella Breadstick Corn Niblets Cucumber Slices Fresh Fruit Diced Pears</p> 	<p>20</p> <p>Grilled Cheese Sandwich Green Beans Carrot Sticks Fresh Fruit Apricot Halves</p>
<p>23</p> <p><u>BREAKFAST FOR LUNCH</u> Breakfast on a Stick Triangle Taters Celery Sticks Goldfish Crackers Fresh Fruit Strawberry Delight</p> 	<p>24</p> <p>Rowland Burger Lettuce & Pickles Sweet Potato Fries Fresh Fruit Applesauce</p>	<p>25</p> <p>Pizza Hut Entrée* Combo Salad Fresh Fruit Dried Fruit Mix</p> 	<p>26</p> <p>Beef Taco Salad Shredded Lettuce & Cheese Diced Tomatoes Fresh Fruit Diced Peaches</p>	<p>27</p> <p>Macaroni & Cheese Spinach Salad Garbanzo Beans Fruit Juice Mixed Fruit Spring Cookie</p> 
<p style="text-align: center;">SPRING BREAK March 30th - April 3rd</p> 				

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