

# Rosemead School District ♣ Elementary School Menu



## PAID STUDENT MEAL PRICES

All complete meals come with choice of 1% unflavored or fat-free chocolate milk (8 fl. oz.)

Breakfast \$1.00  
Lunch \$2.00  
Milk Only \$0.30



If your student has a food allergy or intolerance, please contact Nutrition Services at (626) 312-2900 x254 or x255



**wake up!**  
to  
School Breakfast




**Save time on busy weekday mornings...choose school breakfast!**  
Breakfast is essential for growing students, as it provides the nutrients their bodies desperately need. In addition to nutritional needs, eating breakfast lowers the rate of school absences, school nurse visits, behavior related issues, and academic difficulties. Furthermore, students who eat an adequate and nutritious breakfast perform better on tests and demanding mental tasks, have better attendance, and are better able to focus.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>Late Start Day 2</b>	<b>3</b>	<b>4</b>
	<b>BREAKFAST</b> Cheese Omelet Warm Honey Biscuit Fruit Choice <b>LUNCH</b> Beef & Broccoli Steamed Brown Rice Baby Carrots Fruit Choice Fortune Cookie	<b>BREAKFAST (9:00-9:15)</b> Whole Grain French Toast Stix with Syrup Fruit Cup <b>LUNCH</b> Sloppy Joe on a Whole Grain Bun Sweet Potato Fries Baby Carrots Fruit Choice	<b>BREAKFAST</b> WW Cinnamon Roll Fruit Choice <b>LUNCH</b> Beefy Turkey Chili w/Beans & Cheese Tortilla Chips Golden Corn / Carrots Fruit Choice	<b>BREAKFAST</b> White Whole Grain Bagel & Cream Cheese Fruit Choice <b>LUNCH</b> Cheese Enchiladas Refried Beans Baby Carrots Fruit Choice
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>BREAKFAST</b> Whole Grain Pan Dulce Fruit Choice <b>LUNCH</b> Hamburger on a Whole Grain Bun Lettuce & Tomatoes BBQ Beans Fruit Choice	<b>BREAKFAST</b> Pancake Sausage Stick with Syrup Fruit Choice <b>LUNCH</b> BBQ Chicken Teriyaki Steamed Brown Rice Green Peas Frozen Juice Cup Fortune Cookie	<b>BREAKFAST</b> Yogurt Parfait with Fruit & Granola 100% Fruit Juice <b>LUNCH</b> Whole Grain Stuffed Crust Pepperoni Pizza Romaine Salad Baby Carrots Pineapple Tidbits	<b>BREAKFAST</b> Scrambled Eggs Whole Wheat Toast Sweet Potatoes Bites <b>LUNCH</b> Turkey & Cheese on a WG Mini Hoagie SunChips Snack Mix Celery Sticks / Carrots Fruit Choice	<b>BREAKFAST</b> 2oz Muffin Choice String Cheese Fruit Choice <b>LUNCH</b> Cheesy Nachos with side of Beans Jicama Sticks Baby Carrots Fruit Choice

## Available Daily

*In addition to the menu entrée, our "Speed Line" offers a variety of grab & go lunch options. At least two of the following items are offered daily:*

Bean & Cheese Burrito,  
Chicken Sandwich, Corn Dog,  
Grilled Cheese Sandwich, Hamburger,  
PB&J Sandwich, Pizza, Turkey & Cheese  
Sandwich & Quesadilla

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>14</b> <b>BREAKFAST</b> Buttermilk Twin Stix Fruit Choice  <b>LUNCH</b> Turkey Hot Dog on a Whole Grain Bun BBQ Beans Baby Carrots Fruit Choice	<b>15</b> <b>BREAKFAST</b> Egg, Cheese & Turkey Breakfast Tac-Go Fruit Choice  <b>LUNCH</b> WG Ocean Treasures Golden Corn Baby Carrots Fruit Choice Whole Grain Brownie	<b>Late Start Day 16</b> <b>BREAKFAST (9:00-9:15)</b> 4oz Muffin Choice Fruit Choice  <b>LUNCH</b> Beef & Bean Tostada Spanish Brown Rice Romaine Lettuce Diced Tomatoes Fruit Choice	<b>17</b> <b>BREAKFAST</b> WG Cinnamon Glazed French Toast Fruit Choice  <b>LUNCH</b> Orange Chicken Steamed Brown Rice Zucchini Coins Baby Carrots Dried Fruit	<b>18</b> <b>BREAKFAST</b> WG Cereal Bowl Danimals Yogurt Dried Fruit  <b>LUNCH</b> Veggie Bean Burger Sweet Potato Fries Celery Sticks Fruit Choice
<b>21</b> <b>BREAKFAST</b> WG Lemon Tea Bread Fruit Choice  <b>LUNCH</b> Chicken Tenders Whole Grain Roll Green Peas Baby Carrots Fruit Choice	<b>22</b> <b>BREAKFAST</b> Belgian Waffle Stix Pork Sausage Patty Fruit Cup  <b>LUNCH</b> BBQ Pork Sandwich on a WG Mini Hoagie Potato Wedges Baby Carrots Fruit Choice	<b>23</b> <b>BREAKFAST</b> Ham & Cheese English Muffin Sandwich Fruit Choice  <b>LUNCH</b> Pasta with Meat Sauce WG Breadstick Steamed Broccoli Baby Carrots Fruit Choice	<b>24</b> <b>BREAKFAST</b> Yogurt Parfait with Fruit & Granola 100% Fruit Juice  <b>LUNCH</b> Chicken Sandwich on a Whole Grain Bun Baked Beans Baby Carrots Fruit Choice	<b>25</b> <b>BREAKFAST</b> Whole Grain Glazed Donut Fruit Choice  <b>LUNCH</b> Whole Grain Cheese Pizza Slice Celery Sticks Baby Carrots Fruit Choice
<div style="text-align: center;"> <b>28</b> <b>29</b> <b>30</b> <b>31</b>  <h1 style="color: #00FFFF; text-align: center;">Spring Break!</h1> </div>				

MENU SUBJECT TO CHANGE  
 This institution is an equal opportunity provider.



# Cooked Greens

## What's in Season?

California grown leafy green vegetables are available year-round. They may be fresher and cost less than varieties shipped from other states or countries.

Try these California grown varieties: bok choy, collard greens, kale, kohlrabi, mustard greens, spinach, Swiss chard, and turnip greens.

## Healthy Serving Ideas

- Cook collards, Swiss chard, bok choy, and spinach for a mild or sweeter flavor.
- Cook arugula, kale, and mustard greens for a peppery flavor.
- Sauté collard greens with garlic, onions, tomatoes, and olive oil.
- Simmer greens in low-sodium chicken broth until greens are tender and wilted.
- Stir-fry bok choy with carrots, corn, and red peppers for a colorful side dish.

