

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.

### 2022-2023 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](http://WWW.ROWLANDNUTRITION.ORG)

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- ⇒ Department Updates

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

**Phone: 626-854-8312**

**“Promoting Student Success One Meal at a Time”**

# Alvarado & Giano Intermediate



## 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 items will change due to food shortages.  
Menu item availability may vary.

This institution is an equal opportunity provider.

## BREAKFAST MENU

<b>MONDAY</b>	Pan Dulce Cereal with String Cheese
<b>TUESDAY</b>	Bagel with Cream Cheese Cereal with String Cheese
<b>WEDNESDAY</b>	Chocolate Chip Benefit Bar Cereal with String Cheese
<b>THURSDAY</b>	BYO Pancake Sandwich Cereal with String Cheese
<b>FRIDAY</b>	Mini Cinnis Cereal with String Cheese

## LUNCH MENU

<b>MON</b>	Cheeseburger Bean & Cheese Burrito Chef Special of the Day Asian Chicken Salad w/Cracker
<b>TUES</b>	Spicy Chicken Sandwich Yogurt Parfait Chef Special of the Day Chicken Caesar Wrap
<b>WED</b>	Chicken Hot Dog Cheese Breadsticks w/Marinara Chef Special of the Day Tuna Salad w/Cracker
<b>THURS</b>	Pizza Hut* <ul style="list-style-type: none"><li>• Pepperoni</li><li>• Cheese</li></ul>
<b>FRI</b>	Spicy Popcorn Chicken Chickenless Nuggets Chipotle Ranch Turkey & Cheese Wrap