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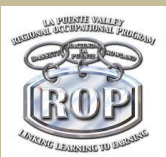
The Golden JAR
Rowland High School
2000 S. Otterbein Avenue
Rowland Heights, CA 91748

626.965.4334 x 3357
dpomrenke@
rowland.k12.ca.us

Hours:
Tues – Fri 9am – 1pm

The JAR is closed during
finals and may be closed
on various days for
caterings and testing.

We offer catering services
& free delivery to staff on
campus.



SALADS

Dressings: Ranch, Thousand Island, Italian, Caesar, Honey Mustard & Balsamic Vinaigrette

Add *grilled herb chicken* to any salad for \$1.50 more

- Rowland Classic Salad \$2.00
mixed greens / shredded cheese / tomatoes / cucumbers / homemade croutons / choice of dressing
- Caesar Salad \$2.00
romaine lettuce / parmesan cheese / homemade croutons / caesar dressing
- Roasted Vegetable Salad with Balsamic Vinaigrette \$2.00
mixed greens / roasted zucchini, summer squash, red onions & bell peppers / tomatoes /
parmesan / homemade croutons / balsamic vinaigrette

SANDWICHES

Make it a combo with a Drink & Chips for \$1.50 more or upgrade to a Drink & Side for \$2.00 more

- Chicken Parmesan Sandwich \$2.75
grilled herb chicken / french roll / JAR’s marinara / mozzarella / parmesan cheese
- Meatball Sandwich \$1.75
beef meatballs / mini french roll / JAR’s marinara / mozzarella / parmesan cheese
- Southwestern Chicken Panini \$2.75
grilled spicy chicken / french roll / sautéed peppers & onions / jack cheese / chipotle mayo
- Grilled Cheese \$1.50
texas toast / american cheese / jack cheese Add *tomato and/or grilled onions* for \$.25 each

BURGERS

All burgers are served with lettuce, tomato, pickles & thousand island (add onions, grilled or raw, for \$.25)

Make it a combo with a Drink & Chips for \$1.50 more or upgrade to a Drink & Side for \$2.00 more

- Rowland Burger \$1.75
- Rowland Cheeseburger \$2.00

ENTRÉES

- Burrito \$2.75
seasoned chicken or ground beef / flour tortilla / beans / shredded cheese / sour cream
jalapeños & salsa available upon request for \$.25 each
- Special of the Week \$2.75

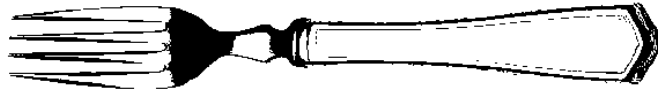
SIDES

- Roasted Garlic Cajun Fries \$1.00
oven-roasted potatoes / garlic / cajun spices
- Pizza Bread \$1.00
toasted french roll / JAR’s marinara / mozzarella / pepperoni OR mushrooms, onions & peppers
- Rowland Side Salad \$1.00
mixed greens / shredded cheese / tomatoes / homemade croutons / choice of dressing
- Fresh Fruit Salad \$1.00

DRINKS

- Milk Tea \$1.00 Tropical Iced Tea \$1.00 Arnold Palmer \$1.00 Bottled Drinks \$.75 - \$1.25

Staffulty please call x3357 during 3rd or 4th period & Students visit us at Nutrition to pre-order



The *Golden JAR* is a student operated restaurant located on the campus of Rowland High School.

The La Puente Valley ROP Food Services & Hospitality program prepares students with food production, preparation, customer service and teamwork skills for employment. This program effectively prepares students with the knowledge, skills, attitudes and behaviors needed to successfully enter the industry or transition to post-secondary education programs.

If you are staff, faculty or administration on the Rowland campus, call the JAR at extension 3357 during 3rd or 4th period to pre-order your lunch & be sure to give us your preferred delivery time.

Students should come into JAR & pre-order during Nutrition.





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