



Glendale Unified School District

Elementary School Menu

April 2017



www.gusd.net

www.gusd.net/nutritionservices
(818) 553-3677

All grains and breads are whole grain



<p>Monday 4/3</p> <p><u>Daily Side of Fruit/Vegetable</u> Mandarin Orange Cup</p> <p>French Bread Pepperoni Pizza</p> <p>* Mac & Cheese w/Goldfish Crackers</p> <p>Turkey & Cheese Sandwich on French Roll</p> <p>* Low Fat Peach Yogurt & Double Chocolate Chip Muffin</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Diced Peaches, Beets, Northern Beans & Raisins</p> <p><u>SPECIAL EVENT DAY</u> Dunsmore (Pizza)</p>	<p>Tuesday 4/4</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Carrot Coins</i></p> <p>White Meat Chicken Nuggets w/Hawaiian Roll</p> <p>* Cheese Quesadilla</p> <p>Asian Chicken Salad on Romaine, w/Mandarin Oranges & Hawaiian Roll</p> <p>* Low Fat Peach Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Mandarin Oranges, Zucchini Slices, BBQ Beans & Granny Smith Apples</p> <p><u>SPECIAL EVENT DAY</u> Cerritos (Pizza) Edison (Sandwich) Verdugo Woodlands (BBQ)</p>	<p>Wednesday 4/5</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Potato Rounds</i></p> <p>Hamburger or Cheeseburger on Bun</p> <p>* Spicy Bean & Cheese Burrito</p> <p>Turkey Ham & Cheese Sandwich</p> <p>* Low Fat Peach Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Diced Pears, Jicama Sticks, Pinto Beans, Shredded Lettuce, Pickles & Green Grapes</p> <p><u>SPECIAL EVENT DAY</u> Columbus (Pizza) Lincoln (BBQ)</p>	<p>Thursday 4/6</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Apple Slices</i></p> <p>Spaghetti & Meat Sauce w/Hawaiian Roll</p> <p>* Bean & Cheese Pupusa</p> <p>Tuna Salad w/Romaine, Egg & Hawaiian Roll</p> <p>* Low Fat Peach Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Apricot Halves, Celery Sticks, Corn & Bean Confetti Salsa & Banana</p> <p><u>SPECIAL EVENT DAY</u> Valley View (Pizza) R. D. White (Sandwich)</p>	<p>Friday 4/7</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Corn Kernels</i></p> <p>Treasure Trouts w/Hawaiian Roll</p> <p>* Hot Grilled Cheese Sandwich</p> <p>Turkey & Cheese Sandwich</p> <p>* Low Fat Peach Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Pineapple Tidbits, Carrot Sticks, Kidney Beans, Red/Green Apples & Bananas</p> <p><u>SPECIAL EVENT DAY</u> Glenoaks (Pizza) Franklin (BBQ)</p>
<p>Monday 4/10</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Raisins</i></p> <p>Waffle Sticks & Sausage Patties</p> <p>* Bean & Cheese Pupusa</p> <p>Turkey & Cheese Sandwich on French Roll</p> <p>* Low Fat Strawberry-Banana Yogurt & Double Chocolate Chip Muffin</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Diced Peaches, Peas, Pinto Beans, Salsa & Dried Cranberries</p> <p><u>SPECIAL EVENT DAY</u> Mann (Pizza)</p>	<p>Tuesday 4/11</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Baby Carrots</i></p> <p>Cheese or Pepperoni Pizza</p> <p>* Hot Grilled Cheese Sandwich</p> <p>Spinach Salad w/Chicken & Dried Cranberries w/Hawaiian Roll</p> <p>* Low Fat Strawberry-Banana Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Mandarin Oranges, Cucumber Coins, Olives, Jalapenos, BBQ Beans & Fuji Apples</p> <p><u>SPECIAL EVENT DAY</u> Keppel (Pizza) Valley View (Sandwich) Muir (BBQ)</p>	<p>Wednesday 4/12</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Potato Rounds</i></p> <p>Chicken Patty on Bun</p> <p>* Grilled Bean & Cheese Burrito</p> <p>* Soynut Butter & Jelly Sandwich</p> <p>* Low Fat Strawberry-Banana Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Diced Pears, Cherry Tomatoes, Garbanzo Beans & Tangerines</p> <p><u>SPECIAL EVENT DAY</u> La Crescenta (Pizza) R. D. White (BBQ)</p>	<p>Thursday 4/13</p> <p><u>Daily Side of Fruit/Vegetable</u> Pineapple Pal</p> <p>Teriyaki Chicken w/Brown Rice</p> <p>* Cheese Quesadilla</p> <p>Taco Salad on Romaine w/Egg, Diced Tomatoes & Hawaiian Roll</p> <p>* Low Fat Strawberry-Banana Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Applesauce, Carrot Coins, Corn & Bean Confetti Salsa & Orange Smiles</p> <p><u>SPECIAL EVENT DAY</u> Lincoln (Pizza) Franklin (Sandwich)</p>	<p>Friday 4/14</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Sliced Peaches</i></p> <p>Oven Baked Chicken Drumstick w/Hawaiian Roll</p> <p>* Baked Elbow Pasta w/Shredded Cheese & Marinara Sauce w/Hawaiian Roll</p> <p>Turkey & Cheese Sandwich</p> <p>* Low Fat Strawberry-Banana Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Apricot Halves, Cauliflower Florets, Kidney Beans, Red/Green Apples & Bananas</p> <p><u>SPECIAL EVENT DAY</u> Jefferson (Pizza) Fremont (BBQ)</p>
<p>Monday 4/17</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Applesauce Cup</i></p> <p>Turkey Corn Dog</p> <p>* Mac & Cheese w/Goldfish Crackers</p> <p>Turkey & Cheese Sandwich on French Roll</p> <p>* Low Fat Raspberry Yogurt & Double Chocolate Chip Muffin</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Diced Peaches, Green Beans, Northern Beans & Raisins</p> <p><u>SPECIAL EVENT DAY</u> Marshall (Pizza)</p>	<p>Tuesday 4/18</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Sweet Potato Tater Puffs</i></p> <p>Chicken Nuggets w/Hawaiian Roll</p> <p>* Spicy Bean & Cheese Burrito</p> <p>Asian Chicken Salad on Romaine w/Mandarin Oranges & Hawaiian Roll</p> <p>* Low Fat Raspberry Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Mandarin Oranges, Yellow Squash Sticks, BBQ Beans & Golden Delicious Apple</p> <p><u>SPECIAL EVENT DAY</u> Monte Vista (Pizza) La Crescenta (Sandwich) Glenoaks (BBQ)</p>	<p>Wednesday 4/19</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Corn Kernels</i></p> <p>Beef & Turkey Taco w/Tortilla</p> <p>* French Bread Cheese Pizza</p> <p>Turkey Ham & Cheese Sandwich</p> <p>* Low Fat Raspberry Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Apricot Halves, Jicama Sticks, Pinto Beans, Salsa & Pear</p> <p><u>SPECIAL EVENT DAY</u> Mountain Ave (Pizza) Dunsmore (BBQ)</p>	<p>Thursday 4/20</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Dried Cranberries</i></p> <p>Sweet & Sour Chicken w/Brown Rice</p> <p>* Bean & Cheese Pupusa</p> <p>Tuna Salad w/Romaine, Egg & Hawaiian Roll</p> <p>* Low Fat Raspberry Yogurt & Hawaiian Roll</p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Diced Pears, Baby Carrots, Corn & Bean Confetti Salsa & Bananas</p> <p><u>SPECIAL EVENT DAY</u> Muir (Pizza) Marshall (Sandwich)</p>	<p>Friday 4/21</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Frozen Peach Cup</i></p> <p>Turkey Hot Dog on Bun</p> <p>* Hot Grilled Cheese Sandwich</p> <p>Turkey & Cheese Sandwich</p> <p>* Low Fat Raspberry Yogurt & Hawaiian Roll</p> <p><i>Special: W.G. Low Fat Chocolate Chip Cookie</i></p> <p><u>GARDEN BAR</u></p> <p>Green Salad w/Romaine & Spinach, Pineapple Tidbits, Celery Sticks, Kidney Beans, Red/Green Apples & Bananas</p> <p><u>SPECIAL EVENT DAY</u> Fremont (Pizza) Keppel (BBQ)</p>

^ SPECIAL EVENT DAYS:

Domino's Pizza Day
Special Recipe:
Whole grain crust, low-sodium/low-fat cheese, low-sodium tomato sauce & turkey pepperoni

Sandwich Express Day
All sandwiches are prepared on whole wheat bread

BBQ Day

^ These entrées will replace one of the hot main entrée items offered that day

MEAL PRICES

LUNCH
STUDENT:
New Full Pay = \$2.60
Reduced = \$0.40

ADULT:
\$2.75

BREAKFAST
STUDENT:
Full Pay = \$1.25
Reduced = \$0.25

ADULT:
\$1.50

A LA CARTE SALES

Fruit, Milk, or Juice = \$0.50
Bottled Water = \$1.00

You may also pay using our convenient online service:



Nutritional Analysis

<u>LUNCH AVERAGE</u>	
Calories	623
Protein (g)	20
Total Fat (%)	25
Saturated Fat (%)	7
Sodium (mg)	1105
Iron (mg)	3
Calcium (mg)	563

Garden Bars feature locally grown, seasonal fruits & vegetables offered daily at lunch.
Nonfat chocolate milk and 1% low fat milk are offered at breakfast and lunch.
MINIMUM DAYS: Sack lunch will be provided MENU SUBJECT TO CHANGE

* Vegetarian entrée

Preparing our students for *their* future

This institution is an equal opportunity provider.

Monday 4/24

Student
Free Day

No Students

Tuesday 4/25

Daily Side of Fruit/Vegetable
Sliced Pears

Chicken Soft Taco w/Tortilla

* Bean & Cheese Pupusa

Turkey & Cheese on French Roll

* Low Fat Strawberry-Banana Yogurt
& Double Chocolate Chip Muffin

GARDEN BAR

Beets, Diced Peaches, Peas, Pinto Beans,
Salsa & Dried Cranberries

^ SPECIAL EVENT DAY

R. D. White (*Pizza*)

Wednesday 4/26

Daily Side of Fruit/Vegetable
Potato Rounds

Chicken Patty on Bun

* Hot Grilled Cheese Sandwich

* Soynut Butter & Jelly Sandwich

* Low Fat Strawberry-Banana Yogurt
& Hawaiian Roll

GARDEN BAR

Green Salad w/Romaine & Spinach,
Diced Pears, Cherry Tomatoes, Garbanzo
Beans, & *Farm to School*
Strawberries 

^ SPECIAL EVENT DAY

Balboa (*Pizza*)

Jefferson (*BBQ*)

Thursday 4/27

Daily Side of Fruit/Vegetable
Banana

Cheese or Pepperoni Pizza

* Grilled Bean & Cheese Burrito

Taco Salad on Romaine w/Egg, Diced
Tomatoes & Hawaiian Roll

* Low Fat Strawberry-Banana Yogurt
& Hawaiian Roll

GARDEN BAR

Green Salad w/Romaine & Spinach,
Applesauce, Broccoli Florets, Corn &
Bean Focaccia Salsa & Kiwi

^ SPECIAL EVENT DAY

Edison (*Pizza*)

Muir (*Sandwich*)

Friday 4/28

Daily Side of Fruit/Vegetable
Baby Carrots

Oven Baked Chicken Drumstick
w/Hawaiian Roll

* Ravioli w/Marinara Sauce
& Hawaiian Roll

Turkey & Cheese Sandwich

* Low Fat Strawberry-Banana Yogurt
& Hawaiian Roll

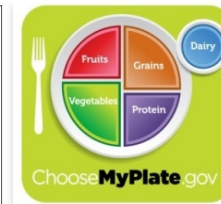
GARDEN BAR

Green Salad w/Romaine & Spinach,
Apricot Halves, Corn Kernels, Kidney Beans,
Red/Green Apples & Bananas

^ SPECIAL EVENT DAY

Verdugo Woodlands (*Pizza*)

Monte Vista (*BBQ*)



Put healthy food on your table with CalFresh

Do you need more money for food?
CalFresh can help you buy nutritious food to stay healthy. For more information on CalFresh, go online to dps.lacounty.gov or call: (866) 613-3777

To make a complete meal, students must take 1/2 cup of fruit OR 1/2 cup of vegetable

Breakfast Offered Daily

- *String Cheese + Choice of Whole Grain
- Reduced Sugar Cereal:
 - Apple Jacks
 - Cheerios
 - Cinnamon Toast Crunch
 - Froot Loops

- *Choice of Breakfast Bar:
 - Banana Chocolate Chunk
 - Oatmeal Chocolate Chip

Additional Breakfast Selections Include:
Potato Rounds, 1% Milk or Nonfat
Chocolate Milk & Juice (Apple, Orange
or Wild Berry)

BREAKFAST



Nutritional Analysis

BREAKFAST AVERAGE

Calories	352
Iron (Mg)	35
Calcium (Mg)	442
Protein (G)	15
Total Fat (%)	32
Saturated Fat (%)	5

<u>MONDAY 4/3</u>	<u>TUESDAY 4/4</u>	<u>WEDNESDAY 4/5</u>	<u>THURSDAY 4/6</u>	<u>FRIDAY 4/7</u>	<u>MONDAY 4/10</u>	<u>TUESDAY 4/11</u>	<u>WEDNESDAY 4/12</u>	<u>THURSDAY 4/13</u>	<u>FRIDAY 4/14</u>
* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese
Bean & Cheese Burrito	Bagel w/Cream Cheese	English Muffin Turkey Ham, Egg, & Cheese Sandwich	Grilled Cheese Sandwich	Crumb Cake w/String Cheese	Breakfast Pizza	Bagel w/Cream Cheese	English Muffin Egg & Cheese Sandwich	Pancakes & Turkey Bacon	Cinnamon Roll
Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola
Diced Peaches	Mandarin Oranges	Diced Pears	Bananas	Pineapple Tidbits	Dried Cranberries	Apple	Diced Pears	Applesauce Cup	Apricot Halves
<u>MONDAY 4/17</u>	<u>TUESDAY 4/18</u>	<u>WEDNESDAY 4/19</u>	<u>THURSDAY 4/20</u>	<u>FRIDAY 4/21</u>	<u>MONDAY 4/24</u>	<u>TUESDAY 4/25</u>	<u>WEDNESDAY 4/26</u>	<u>THURSDAY 4/27</u>	<u>FRIDAY 4/28</u>
* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	<p>Student Free Day</p> <p>No Students</p>	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese
Bean & Cheese Burrito	Bagel w/Cream Cheese	English Muffin Turkey Ham, Egg, & Cheese Sandwich	Grilled Cheese Sandwich	Crumb Cake w/String Cheese		Pizza Bagel	English Muffin Egg & Cheese Sandwich	Waffle Sticks & Sausage Patty	Cinnamon Roll
Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola		Strawberry Yogurt & Strawberry Granola	Strawberry Yogurt & Strawberry Granola	Strawberry Yogurt & Strawberry Granola	Strawberry Yogurt & Strawberry Granola
Diced Peaches	Mandarin Oranges	Apricot Halves	Bananas	Pineapple Tidbits		Diced Peaches	Diced Pears	Applesauce	Apricot Halves