



Glendale Unified School District



Elementary School Menu March 2023



Wednesday 3/1

Breakfast

Entree Choice of:

- English Muffin, Turkey Ham and Cheese Sandwich
- * Choice of Breakfast Bars
- * Choice of Whole Grain Low Sugar Cereals and String Cheese
- ** Crispy Sliced Apples

Hash Brown

Lunch

Entree Choice of:

- Hamburger or Cheeseburger on Bun
- * Veggie Burger on Bun
- Turkey Ham and Cheese Croissant Sandwich
- * Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Tater Tots

Garden Bar:

- ** Smart Silly Salad
- ** Pokey Pineapple Tidbits
- Red Beet Matchsticks
- Shredded Lettuce and Pickles

Thursday 3/2

Breakfast

Entree Choice of:

- Cinnamon Roll
- * Choice of Breakfast Bars
- * Choice of Whole Grain Low Sugar Cereals and String Cheese

Sliced Peaches

Hash Brown

Lunch

Entree Choice of:

- Group A** *Domino's: Pepperoni Pizza
- Group B** Subway Chicken Sandwich
- Group A** *Domino's: Cheese Pizza
- Group B** * Subway Veggie Sandwich
- * Soynut Butter and Jelly Sandwich
- * Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

- ** Crispy Sliced Apples

Garden Bar:

- ** Smart Silly Salad
- ** Groovy Grapes
- ** Caring Carrot Sticks
- Garbanzo Beans

Friday 3/3

Breakfast

Entree Choice of:

- Apple Frudel
- * Choice of Breakfast Bars
- * Choice of Whole Grain Low Sugar Cereals and String Cheese

- ** Pokey Pineapple Tidbits

Hash Brown

Lunch

Minimum Day

TK - 6th

Turkey Ham and Cheese Croissant

Applesauce Cup

Fruitable Punch Juice

Special Events Day

Domino's Pizza

Special Recipe: Whole grain crust, low-sodium/low-fat cheese, low-sodium tomato sauce and turkey pepperoni

Subway

Fresh cheese or turkey cold cuts sandwiches with lettuce

Fresh roasted chicken sandwiches with cheese and lettuce

Group A

- Balboa Elementary School
- Cerritos Elementary School
- Columbus Elementary School
- Dunsmore Elementary School
- Fremont Elementary School
- Lincoln Elementary School
- Mam Elementary School
- Mountain Ave Elementary School
- Muir Elementary School
- R. D. White Elementary School

Group B

- Cloud Preschool
- College View School
- Edison Elementary School
- Franklin Elementary School
- Glenoaks Elementary School
- Jefferson Elementary School
- Keppel Elementary School
- La Crescenta Elementary School
- Marshall Elementary School
- Monte Vista Elementary School
- Pacific Avenue Education Center
- Valley View Elementary School
- Verdugo Woodlands Elementary School



National School Breakfast Week

March 6 - 10, 2023



Monday 3/6

Breakfast

Entree Choice of:

- Breakfast Pizza
- * Choice of Breakfast Bars
- * Choice of Whole Grain Low Sugar Cereals and String Cheese

- Kumquats

Hash Brown

Lunch

Entree Choice of:

- French Toast Sticks and Chicken Sausage Patties
- * Grilled Cheese Sandwich
- Turkey and Cheese Lunch Kits
- * Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Applesauce Cup

Garden Bar:

- ** Smart Silly Salad
- Diced Pears
- ** Caring Diced Carrots
- ** Amazing Green Peas

Tuesday 3/7

Breakfast

Entree Choice of:

- Mini Maple Pancakes
- * Choice of Breakfast Bars
- * Choice of Whole Grain Low Sugar Cereals and String Cheese

- Pineapple Pals

Hash Brown

Lunch

Entree Choice of:

- Oven Baked Drumstick with Cornbread Muffin
- * Bean and Cheese Burrito
- * Soynut Butter and Jelly Sandwich
- * Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

- ** Crispy Gala Apple

Garden Bar:

- ** Smart Silly Salad
- Apricot Halves
- ** Crazy Corn Kernels
- ** Graceful Green Beans

Wednesday 3/8

Breakfast

Entree Choice of:

- English Muffin, Chicken Sausage and Cheese Sandwich
- * Choice of Breakfast Bars
- * Choice of Whole Grain Low Sugar Cereals and String Cheese

- Sugar Snap Peas

Hash Brown

Lunch

Entree Choice of:

- BBQ Rib Sandwich on Hoagie Roll
- * Mozzarella Bread Sticks
- Turkey and Cheese on French Roll
- * Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Luck 'O' the ice Sour Apple Cup

Garden Bar:

- ** Smart Silly Salad
- Mandarin Oranges
- Marinara Sauce Cup
- Jicama Sticks
- BBQ Beans

Thursday 3/9

Breakfast

Entree Choice of:

- Dutch Waffle
- * Choice of Breakfast Bars
- * Choice of Whole Grain Low Sugar Cereals and String Cheese

- Cara Cara

Hash Brown

Lunch

Entree Choice of:

- Mandarin Orange Chicken with Chow Mein
- * Bean and Cheese Chalupa
- * Soynut Butter and Jelly Sandwich
- * Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Asian Apple Pear

Garden Bar:

- ** Smart Silly Salad
- Mixed Fruit
- ** Zebra Zucchini Sticks
- Edamame

Friday 3/10

Breakfast

Entree Choice of:

- Yogurt Parfait
- * Choice of Breakfast Bars
- * Choice of Whole Grain Low Sugar Cereals and String Cheese

- Strawberries

Hash Brown

Lunch

Entree Choice of:

- Group B** *Domino's: Pepperoni Pizza
- Group A** Subway Chicken Sandwich
- Group B** * *Domino's: Cheese Pizza
- Group A** * Subway Veggie Sandwich
- Turkey and Cheese on French Roll
- * Low Fat Yogurt and Granola

Shamrock Cookie

Daily Side of Fruit/Vegetable

- ** Caring Baby Carrots

Garden Bar:

- ** Smart Silly Salad
- Orange Smiles
- Applesauce
- ** Celery Ebery Sticks
- Mixed Vegetables



Spring Forward Sunday,
March 12, 2023
Set your clock forward one hour

MEAL PRICES

BREAKFAST	
Student:	Full Pay No Charge
	Reduced No Charge
	Second Breakfast \$1.25
Adult:	\$2.75

LUNCH	
Student:	Full Pay No Charge
	Reduced No Charge
	Second Lunch \$2.75
Adult:	\$4.25

A LA CARTE SALES	
Fruit, Milk, or Juice	\$0.50
Bottled Water	\$1.00

Nutritional Analysis

LUNCH AVERAGE	
Calories	623
Protein (g)	20
Total Fat (%)	25
Saturated Fat (%)	7
Sodium (mg)	1105
Iron (mg)	3
Calcium (mg)	562

Monday 3/13

Spring Recess



Tuesday 3/14

Spring Recess



Wednesday 3/15

Spring Recess



Thursday 3/16

Spring Recess



Friday 3/17

Spring Recess



Garden Bars feature locally grown, seasonal fruits and vegetables offered daily at lunch.

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

* Vegetarian entrée

Nonfat chocolate milk and 1% low fat milk are offered at breakfast and lunch.
Preschool 1% low fat milk only

May contain soy.

GUSD is a nut free district.

All grains and breads are whole grain rich.

All pepperoni items are made w/turkey.

MINIMUM DAYS: Sack lunch will be provided.

MENU SUBJECT TO CHANGE



If your child has food allergies, please contact GUSD Nutrition Services at (818) 552-2677 or email us at Nutrition.Services@gusd.net

** Students came up with these fun, creative fruit and vegetable names. This activity supports the CalFresh Healthy Living Smarter Lunchrooms Movement initiative.

Monday 3/20



Tuesday 3/21

Breakfast

Entree Choice of:

Bean and Cheese Burrito

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

Dried Cranberries

Hash Brown

Lunch

Entree Choice of:

Turkey Pepperoni Stuffed Sandwich

* Mozzarella Sticks

* Soynut Butter and Jelly Sandwich

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Mandarin Orange Cup

Garden Bar:

** Graceful Green Beans

** Pokey Pineapple Tidbits

Marinara Sauce Cup

Beets

** Crazy Corn Kernels

Wednesday 3/22

Breakfast

Entree Choice of:

Chocolate Chip Muffin

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

Diced Pears

Hash Brown

Lunch

Entree Choice of:

Chicken Tenders and Eggoji Waffle

* Cheese Quesadilla

Turkey Ham, Turkey Pepperoni, Turkey Salami and Cheese on Roll

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

** Crispy Golden Delicious Apple

Garden Bar:

** Smart Silly Salad

Diced Pears

** Caring Diced Carrots

** Amazing Green Peas

Black Beans

Thursday 3/23

Breakfast

Entree Choice of:

English Muffin, Turkey Bacon, Egg and Cheese Sandwich

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

** Crispy Sliced Apples

Hash Brown

Lunch

Entree Choice of:

Hot Dog on Bun

* Bean and Cheese Burrito

* Soynut Butter and Jelly Sandwich

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Tater Tots

Garden Bar:

** Smart Silly Salad

Mandarin Oranges

** Very Cheery Tomatoes

** Flowerly Cauliflower Florets

Friday 3/24

Breakfast

Entree Choice of:

Crumb Cake

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

** Pokey Pineapple Tidbits

Hash Brown

Lunch

Entree Choice of:

Turkey Pepperoni Pizza

* Cheese Pizza

Turkey Ham, Turkey Pepperoni, Turkey Salami and Cheese on Roll

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

** Crispy Sliced Apples

Garden Bar:

** Smart Silly Salad

Mixed Fruit

Yellow Squash Slices

Kidney Beans

Monday 3/27

Breakfast

Entree Choice of:

Breakfast Pizza

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

Sliced Pears

Hash Brown

Lunch

Entree Choice of:

Chicken Tacos

* Grilled Cheese Sandwich

Turkey Pepperoni and Cheese Lunch Kits

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Orange Fruit Gel Cup

Garden Bar:

** Smart Silly Salad

Sliced Peaches

** Greedy Green Peas

Salsa Cup

Pinto Beans

Tuesday 3/28

Breakfast

Entree Choice of:

Bagel with Cream Cheese

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

Sliced Peaches

Hash Brown

Lunch

Entree Choice of:

Turkey Pepperoni Pizza

* Cheese Pizza

* Soynut Butter and Jelly Sandwich

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

** Crispy Gala Apple

Garden Bar:

** Smart Silly Salad

Diced Pears

** Caring Diced Carrots

Olives and Jalapenos

Wednesday 3/29

Breakfast

Entree Choice of:

English Muffin, Egg and Cheese Sandwich

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

** Bouncy Banana

Hash Brown

Lunch

Entree Choice of:

Chicken Patty on Bun

* Cheese Quesadilla

Turkey Ham and Cheese on French Roll

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Tater Tots

Garden Bar:

** Smart Silly Salad

* Bouncy Banana

Diced Apricots

** Zebra Zucchini Sticks

Pinto Beans

Thursday 3/30

Breakfast

Entree Choice of:

French Toast Sticks

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

Mandarin Oranges

Hash Brown

Lunch

Entree Choice of:

Teriyaki Chicken with Brown Rice

* Bean and Cheese Chalupa

* Soynut Butter and Jelly Sandwich

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

** Magnificent Pear

Garden Bar:

** Smart Silly Salad

Mandarin Oranges

Jicama Sticks

** Greedy Green Peas

Friday 3/31

Breakfast

Entree Choice of:

Yogurt Parfait

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

Diced Apricots

Hash Brown

Lunch

Entree Choice of:

Oven Baked Drumstick with Cornbread Muffin

* Bean and Cheese Pupusa

Turkey Ham and Cheese on French Roll

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

** Caring Baby Carrots

Garden Bar:

** Smart Silly Salad

Applesauce

Mixed Vegetables

** Celery Elery Sticks

Nutritional Analysis	
BREAKFAST AVERAGE	
Calories	400
Protein (g)	14
Total Fat (%)	23
Saturated Fat (%)	8
Sodium (mg)	443
Iron (mg)	3
Calcium (mg)	325

Breakfast Offered Daily

- * Choice of Whole Grain Reduced Sugar Cereal and String Cheese:
 - Cheerios
 - Cocoa Puffs
 - Fruit Loops
 - Kix
 - Rice Chex
 - Cinnamon Toast Crunch

- * Choice of Breakfast Bar:
 - Banana Chocolate
 - Oatmeal Chocolate Chip
 - French Toast

- Choice of Milk:
 - 1% Milk
 - Nonfat Chocolate Milk

- Choice of Juice:
 - Apple
 - Orange
 - Wild Berry

We apologize, due to vendor shortages, menu subject to change.

Monday 4/3

Breakfast

Entree Choice of:

Blueberry Muffin

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

Raisins

Hash Brown

Lunch

Entree Choice of:

Chicken Corn Dog

* Mac and Cheese with Pretzel

Turkey Ham and Cheese Croissant

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Dried Cranberries

Garden Bar:

** Smart Silly Salad

Diced Peaches

** Graceful Green Beans

Garbanzo Beans

Tuesday 4/4

Breakfast

Entree Choice of:

Pancake and Turkey Sausage on a Stick

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

Mandarin Oranges

Hash Brown

Lunch

Entree Choice of:

Chicken Nuggets with Goldfish Crackers

* Cheese Quesadilla

* Soynut Butter and Jelly Sandwich

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

** Crispy Granny Smith Apple

Garden Bar:

** Smart Silly Salad

Mandarin Oranges

** Caring Diced Carrots

** Amazing Green Peas

** Crazy Corn Kernels

Wednesday 4/5

Breakfast

Entree Choice of:

English Muffin, Turkey Bacon and Cheese Sandwich

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

** Crispy Sliced Apples

Hash Brown

Lunch

Entree Choice of:

Hamburger or Cheeseburger on Bun

* Veggie Burger on Bun

Turkey Ham and Cheese Croissant

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Tater Tots

Garden Bar:

** Smart Silly Salad

** Pokey Pineapple Tidbits

Red Beet Matchsticks

Shredded Lettuce and Pickles

Thursday 4/6

Breakfast

Entree Choice of:

Cinnamon Roll

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

Diced Peaches

Hash Brown

Lunch

Entree Choice of:

Spaghetti and Meat Sauce

* Alfredo Sauce with Pasta

* Soynut Butter and Jelly Sandwich

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

** Magnificent Pear

Garden Bar:

** Smart Silly Salad

Mixed Fruit

Cucumber Slices

Garbanzo Beans

Friday 4/7

Breakfast

Entree Choice of:

Apple Frudel

* Choice of Breakfast Bars

* Choice of Whole Grain Low Sugar Cereals and String Cheese

** Pokey Pineapple Tidbits

Hash Brown

Lunch

Entree Choice of:

Group A * Dominos: Pepperoni Pizza

Group B Subway Chicken Sandwich

Group A * Dominos: Cheese Pizza

Group B * Subway: Veggie Sandwich

Turkey Ham and Cheese Croissant

* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Hip Hopping Ice Jellybean Cup

Garden Bar:

** Smart Silly Salad

** Crispy Sliced Apples

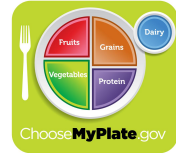
** Caring Carrot Sticks

Yam Sticks



Glenoaks Elementary School

Requested by
Glenoaks
Elementary
School Students



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



Menu Subject to Change

This institution is an equal opportunity provider