



# Glendale Unified School District Elementary School Menu October 2021



## HEALTHY HOLIDAY October

### Halloween

- Kids will get plenty of candy trick-or-treating. Try to keep the focus on fun at school.
- Focus on the costumes! Have a parade or costume contest.
- Instead of candy, try small toys like: temporary tattoos, stickers, small plastic spiders or ghosts, spooky plastic rings or false teeth.
- Decorate pillowcases or bags for trick-or-treating.

### Healthy Party Snacks:

- Apple Cider
- Apples with caramel or yogurt dip
- Pumpkin dip and graham crackers
- Roasted pumpkin seeds
- Snack cups of canned peaches or mandarin oranges (canned in juice or light syrup)
- Oranges, cantaloupe, tangerines, mangos or dried peaches
- Carrots with low-fat ranch dressing
- Use Halloween cookie cutters to make sandwiches or fruit look frightfully delicious!



**Thank you Ms. Weimar's Kindergarten class at Jefferson Elementary School and Ms. Castillo's Kindergarten class at Horace Mann Elementary School**

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

## 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

### Group A

- Balboa Elementary School
- Edison Elementary School
- Keppel Elementary School
- Marshall Elementary School
- Monte Vista Elementary School
- Mountain Ave Elementary School
- Muir Elementary School
- Pacific Avenue Education Cen
- Valley View Elementary School
- Verdugo Woodlands Elementary School

### Group B

- Cerritos Elementary School
- Cloud
- College View - Domino's only
- Columbus Elementary School
- Dunsmore Elementary School
- Franklin Elementary School
- Fremont Elementary School
- Glenoaks Elementary School
- Jefferson Elementary School
- La Crescenta Elementary School
- Lincoln Elementary School
- Mann Elementary School
- R. D. White Elementary School

Friday 10/1

## Breakfast

Entree Choice of:

Maple Waffle

\* Choice of Breakfast Bars

Assorted Fruit

## Lunch

Entree Choice of:

BBQ Rib Sandwich on Hoagie Roll

\* Chalupa

Daily Side of Fruit/Vegetable

Apricot Cup

Garden Bar:

Assorted Fruit

Assorted Vegetables

Corn and Bean Confetti Salsa

Friday 10/8

## Breakfast

Entree Choice of:

Yogurt Parfait

\* Choice of Breakfast Bars

Strawberries

## Lunch

Entree Choice of:

Turkey Hot Dog on Bun

\* Hummus with Corn Tortilla Chips

Daily Side of Fruit/Vegetable

Mixed Fruit

Garden Bar:

Assorted Fruit

\*\* Zebra Zucchini

Assorted Vegetables

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



Daylight Savings  
Starts Sunday, November 7, 2021

Monday 10/4

## Breakfast

Entree Choice of:

Chocolate Chip Muffin

\* Choice of Breakfast Bars

Diced Peaches

## Lunch

Entree Choice of:

Chicken and Vegetables Dumplings

\* Low Fat Strawberry Yogurt and Roll

Daily Side of Fruit/Vegetable

Dried Cranberries

Garden Bar:

Diced Peaches

\*\* Crazy Corn Kernels

\*\* Cruising Carrots

Black Beans

Tuesday 10/5

## Breakfast

Entree Choice of:

Crumb Cake

\* Choice of Whole Grain Low Sugar  
Breakfast Cereals and String Cheese

Mandarin Oranges

## Lunch

Entree Choice of:

Hamburger or Cheeseburger

\* Dilla Quesadilla

Daily Side of Fruit/Vegetable

Tater Tots

Garden Bar:

Mandarin Oranges

Golden Delicious Apple

Green Peas

Shredded Lettuce and Pickles

Wednesday 10/6

## Breakfast

Entree Choice of:

English Muffin, Turkey Ham  
and Cheese Sandwich

\* Choice of Breakfast Bars

Diced Pears

## Lunch

Entree Choice of:

Turkey Taco with Flour Tortilla

\* Soynut and Butter Sandwich

Daily Side of Fruit/Vegetable

\*\* Super Purple Plums

Garden Bar:

Diced Pears

\*\* Smart Silly Salad

\*\* Grump Green Beans

Salsa

Thursday 10/7

## Breakfast

Entree Choice of:

Bagel with Cream Cheese

\* Choice of Whole Grain Low Sugar  
Breakfast Cereals and String Cheese

Pineapple Tidbits

## Lunch

Entree Choice of:

Sweet and Sour Chicken  
with Brown Rice

\* Bean and Cheese Burrito

Daily Side of Fruit/Vegetable

\*\* Bouncy Bananas

Garden Bar:

Pineapple Tidbits

\*\* Bright Broccoli

Cherry Tomatoes

Black Beans

Monday 10/11

## Breakfast

Entree Choice of:

Cinnamon Roll

\* Choice of Breakfast Bars

Cranberries

## Lunch

Entree Choice of:

Chicken Taquitos

\* Mac and Cheese with Pretzel

Daily Side of Fruit/Vegetable

Peach Cup

Garden Bar:

Orange Juice

Persian Cucumber

\*\* Bunny Carrots

Salsa

Tuesday 10/12

## Breakfast

Entree Choice of:

Mini Strawberry Pancakes

\* Choice of Whole Grain Low Sugar  
Breakfast Cereals and String Cheese

Applesauce

## Lunch

Entree Choice of:

Chicken Patty on Bun

\* Mozzarella Sticks

Daily Side of Fruit/Vegetable

Raisins

Garden Bar:

Rambutan

\*\* Bright Broccoli

\*\* Zebra Zucchini

Vegetarian Beans

Wednesday 10/13

## Breakfast

Entree Choice of:

Blueberry Muffin

\* Choice of Breakfast Bars

Diced Pears

## Lunch

Entree Choice of:

Turkey Pepperoni Pizza

\* Cheese Pizza

Daily Side of Fruit/Vegetable

Groovy Grapes

Garden Bar:

Diced Pears

\*\* Crazy Corn Kernels

\*\* Smart Silly Salad

Olives and Jalapenos

Thursday 10/14

## Breakfast

Entree Choice of:

Breakfast Pizza

\* Choice of Whole Grain Low Sugar  
Breakfast Cereals and String Cheese

Pineapple Tidbits

## Lunch

Entree Choice of:

Mandarin Orange Chicken  
with Chow Mein

\* Mandarin Broccoli with Chow Mein

Daily Side of Fruit/Vegetable

Gala Apple

Garden Bar:

Pineapple Tidbits

Sugar Snap Peas

\*\* Flowery Cauliflower

Vegetarian Beans

Friday 10/15

## Breakfast

Entree Choice of:

French Toast Bites

\* Choice of Breakfast Bars

Assorted Fruit

## Lunch

Entree Choice of:

BBQ Rib on Hoagie Roll

\* Grilled Cheese Sandwich  
Daily Side of Fruit/Vegetable

Diced Apricots

Garden Bar:

Kiwi Slices

\*\* Crunchy Celery Sticks

Assorted Vegetables

Corn and Bean Confetti Salsa

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 and cold cut items are  
made w/ turkey.

MINIMUM DAYS: Sack lunch will be  
provided.

MENU SUBJECT TO CHANGE

## National School Lunch Week October 11 - 15, 2021



**Monday 10/18**

**Breakfast**

Entree Choice of:  
Chocolate Chip Muffin

\* Choice of Breakfast Bars

Mixed Fruit

**Lunch**

Entree Choice of:  
Chicken Corn Dog

\* Low Fat Peach Yogurt and Granola

Daily Side of Fruit/Vegetable  
Raisins

Garden Bar:  
Mixed Fruit  
\*\* Crazy Corn Kernels  
\*\* Cruising Carrots  
Vegetarian Beans

**Tuesday 10/19**

**Breakfast**

Entree Choice of:  
Bagel with Cream Cheese

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Mandarin Oranges

**Lunch**

Entree Choice of:  
Hamburger or Cheeseburger

\* Dilla Quesadilla

Daily Side of Fruit/Vegetable  
Tater Tots

Garden Bar:  
Fuji Apple  
Mandarin Oranges  
\*\* Bright Broccoli  
Shredded Lettuce and Pickles

**Wednesday 10/20**

**Breakfast**

Entree Choice of:  
English Muffin, Turkey Ham and Cheese Sandwich

\* Choice of Breakfast Bars

Diced Pears

**Lunch**

Entree Choice of:  
Chicken Nuggets with Goldfish Crackers

\* Bean and Cheese Burrito

Daily Side of Fruit/Vegetable  
Asian Pear

Garden Bar:  
Diced Pears  
\*\* Smart Silly Salad  
\*\* Cool Cucumbers  
Vegetarian Beans

**Thursday 10/21**

**Breakfast**

Entree Choice of:  
Yogurt Parfait

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Sliced Peaches

**Lunch**

Entree Choice of:  
Spaghetti and Meat Sauce

\* Baked Pasta with Marinara Sauce

Daily Side of Fruit/Vegetable  
\* Bouncy Bananas

Garden Bar:  
Sliced Peaches  
Diced Carrots  
\*\* Tower Celery Sticks

**Friday 10/22**

**Breakfast**

Entree Choice of:  
Pancake and Sausage on a Stick

\* Choice of Breakfast Bars

Assorted Fruit

**Lunch**

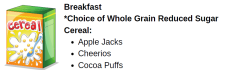
Entree Choice of:  
\*Domino's Pepperoni Pizza Group B  
Subway Turkey Sandwich Group A  
\* Domino's Cheese Pizza Group B  
\* Subway Veggie Sandwich Group A

Daily Side of Fruit/Vegetable  
Applesauce

Garden Bar:  
Assorted Fruit  
\*\* Zebra Zucchini  
Assorted Vegetables

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

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



\* Choice of Breakfast Bar:  
Banana Chocolate  
Oatmeal Chocolate Chip

Breakfast Selections Include:  
Juice (Apple, Orange or Wild Berry)

**Monday 10/25**

**Breakfast**

Entree Choice of:  
Breakfast Pizza

\* Choice of Breakfast Bars

Fuji Apple

**Lunch**

Entree Choice of:  
French Toast Sticks and Chicken Sausage Patty

\* Bean & Cheese Pupusa

Daily Side of Fruit/Vegetable  
Dried Cranberries

Garden Bar:  
Fuji Apple  
\*\* Bunny Carrots  
Green Peas

**Tuesday 10/26**

**Breakfast**

Entree Choice of:  
Maple Waffle

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Grapes

**Lunch**

Entree Choice of:  
Turkey Hot Dog on Bun

\* Soynut and Butter Sandwich

Daily Side of Fruit/Vegetable  
Apricot Cup

Garden Bar:  
Grapes  
\*\* Bright Broccoli  
Cherry Tomatoes

**Wednesday 10/27**

**Breakfast**

Entree Choice of:  
English Muffin, Turkey Ham and Cheese Sandwich

\* Choice of Breakfast Bars

Diced Pears

**Lunch**

Entree Choice of:  
Popcorn Chicken with Roll

\* Grilled Cheese Sandwich

Daily Side of Fruit/Vegetable  
Seasonal Fruit

Garden Bar:  
Diced Pears  
\*\* Crazy Corn Kernels  
\*\* Smart Silly Salad

**Thursday 10/28**

**Breakfast**

Entree Choice of:  
Cinnamon Roll

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Pineapple Tidbits

**Lunch**

Entree Choice of:  
Teriyaki Chicken with Brown Rice

\* Teriyaki Broccoli with Brown Rice

Daily Side of Fruit/Vegetable  
Pineapple Tidbits

Garden Bar:  
\*\* Monkey Bananas  
Mixed Vegetables  
\*\* Flowery Cauliflower

**Friday 10/29**

**Breakfast**

Entree Choice of:  
Pumpkin Bread

\* Choice of Breakfast Bars

Assorted Fruit

**Lunch**

Entree Choice of:  
\*Domino's Pepperoni Pizza Group A  
Subway Turkey Sandwich Group B  
\* Domino's Cheese Pizza Group A  
\* Subway Veggie Sandwich Group B

Halloween Cookie

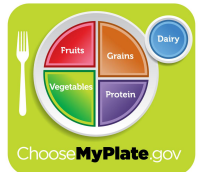
Daily Side of Fruit/Vegetable  
\*\* Google-Eye Oranges

Garden Bar:  
Assorted Fruit  
Assorted Vegetables  
Corn and Bean Confetti Salsa



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 [dpss.lacounty.gov](http://dpss.lacounty.gov) or call: (866) 613-3777



**Monday 11/1**

**Student Free Day**  
**Staff Development Day**

CDCC only

**Breakfast**

Chocolate Chip Muffin  
Raisins

**Lunch**

Turkey Ham & Cheese on Bagel  
Fuji Apple  
\*\* Bright Broccoli

**Tuesday 11/2**

**Breakfast**

Entree Choice of:  
Crumb Cake

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Mandarin Oranges

**Lunch**

Entree Choice of:  
Popcorn Chicken with Roll

\* Dilla Quesadilla

Daily Side of Fruit/Vegetable  
Golden Delicious Apple

Garden Bar:  
Mandarin Oranges  
\*\* Cruising Carrots  
Green Peas

**Wednesday 11/3**

**Breakfast**

Entree Choice of:  
English Muffin, Turkey Ham and Cheese Sandwich

\* Choice of Breakfast Bars

Diced Pears

**Lunch**

Entree Choice of:  
Turkey Taco with Flour Tortilla

\* Soynut and Butter Sandwich

Daily Side of Fruit/Vegetable  
Seasonal Fruit

Garden Bar:  
Diced Pears  
\*\* Smart Silly Salad  
\*\* Grump Green Beans  
Salsa

**Thursday 11/4**

**Breakfast**

Entree Choice of:  
Bagel with Cream Cheese

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Pineapple Tidbits

**Lunch**

Entree Choice of:  
Sweet and Sour Chicken with Brown Rice

\* Bean and Cheese Burrito

Daily Side of Fruit/Vegetable  
\* Bouncy Bananas

Garden Bar:  
Pineapple Tidbits  
\*\* Bright Broccoli  
Cherry Tomatoes  
Pinto Beans

**Friday 11/5**

**Breakfast**

Entree Choice of:  
Yogurt Parfait

\* Choice of Breakfast Bars

Strawberries

**Lunch**

Entree Choice of:  
Turkey Hot Dog on Bun

\* Hummus with Corn Tortilla Chips

Daily Side of Fruit/Vegetable  
Mixed Fruit

Garden Bar:  
Assorted Fruit  
Assorted Vegetables  
Pinto Beans



Menu Subject to Change

This institution is an equal opportunity provider