



# Glendale Unified School District

## Elementary Menu September 2023



### MEAL PRICES

#### BREAKFAST

<b>Student:</b>	
Full Pay	No Charge
Reduced	No Charge
Second Breakfast	\$1.25
<b>Adult:</b>	\$3.00

#### LUNCH

<b>Student:</b>	
Full Pay	No Charge
Reduced	No Charge
Second Lunch	\$2.75
<b>Adult:</b>	\$5.00

#### A LA CARTE

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

#### FOOD ALLERGIES

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



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 cold cut items are made with turkey.

MENU SUBJECT TO CHANGE



### Domino's Pizza

Special Recipe: Whole grain crust, low-sodium/low-fat cheese, low-sodium tomato sauce and pepperoni. The pepperoni pizza contains pork.



### Subway

Fresh cheese or turkey cold cuts sandwiches with lettuce

#### Group A

- Balboa Elementary School
- Cerritos Elementary School
- Columbus Elementary School
- Dunsmore Elementary School
- Fremont Elementary School
- Lincoln Elementary School
- Mann Elementary School
- Mountain Avenue 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



Local fruits and vegetables from the Old Grove Farm in Redlands, California



Local fruits and vegetables from The Fruit Guys, California

### Monday 9/4



### Tuesday 9/5

#### Breakfast

Entree Choice of:

- \* Bean and Cheese Burrito
- \* Choice of Breakfast Bars
- \* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese
- Dried Cranberries
- \*Choice of Fruit Juice

Hash Brown  
Milk

#### Lunch

Entree Choice of:

- Turkey Pepperoni Stuffed Sandwich
- \* Mozzarella Sticks
- Turkey Ham, Turkey Pepperoni, Turkey Salami and Cheese on Roll
- \* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Raisins

Garden Bar:

- \*\* Safari Salad
- Pineapple Tidbits
- Marinara Sauce
- Beets
- \*\* Crazy Corn Kernels
- Milk

### Wednesday 9/6

#### Breakfast

Entree Choice of:

- Chocolate Chip Muffin
- \* Choice of Breakfast Bars
- \* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese
- Diced Pears
- \*Choice of Fruit Juice

Hash Brown  
Milk

#### Lunch

Entree Choice of:

- Chicken Tenders and Eggoji Waffle
- \* Cheese Quesadilla
- \* Soynut and Butter Sandwich
- \* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

\*\* Crispy Golden Delicious Apple

Garden Bar:

- \*\* Safari Salad
- Mixed Fruit
- \*\* Bunny Diced Carrots
- \*\* Bright Broccoli Florets
- Black Beans
- Milk

### Thursday 9/7

#### Breakfast

Entree Choice of:

- English Muffin, Turkey Bacon Egg and Cheese Sandwich
- \* Choice of Breakfast Bars
- \* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese
- \*\* Awesome Sliced Apples
- \*Choice of Fruit Juice

Hash Brown  
Milk

#### Lunch

Entree Choice of:

- Hot Dog on Bun
- \* Bean and Cheese Burrito
- Turkey Ham, Turkey Pepperoni, Turkey Salami and Cheese on Roll
- \* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Tater Tots

Garden Bar:

- \*\* Safari Salad
- Mandarin Oranges
- Sliced Cantaloupe
- \*\* Very Cheery Cherry Tomatoes
- \*\* Cloudlike Cauliflower Florets
- Milk

### Friday 9/8

#### Breakfast

Entree Choice of:

- Buttermilk Bar
- \* Choice of Breakfast Bars
- \* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese
- Pineapple Tidbits
- \*Choice of Fruit Juice

Hash Brown  
Milk

#### Lunch

Entree Choice of:

- Turkey Pepperoni Pizza
- \* Cheese Pizza
- \* Soynut and Butter Sandwich
- \* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

White Nectarine

Garden Bar:

- \*\* Safari Salad
- \*\* Crispy Sliced Apples
- Yellow Squash Slices
- Kidney Beans
- Milk

**Monday 9/11**

**Breakfast**

Entree Choice of:

Breakfast Pizza

\* Choice of Breakfast Bars

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

Sliced Peaches

\*Choice of Fruit Juice

Hash Brown

Milk

**Lunch**

Entree Choice of:

Chicken Taquitos

\* Grilled Cheese Sandwich

Turkey Pepperoni and Cheese Lunch Kits

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Orange Mandarin Cup

Garden Bar:

\*\* Safari Salad

Sliced Peaches

\*\* Greedy Green Peas

Salsa

Pinto Beans

Milk

**Tuesday 9/12**

**Breakfast**

Entree Choice of:

Bagel with Cream Cheese

\* Choice of Breakfast Bars

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

Diced Peaches

\*Choice of Fruit Juice

Hash Brown

Milk

**Lunch**

Entree Choice of:

Turkey Pepperoni Pizza

\* Cheese Pizza

\* Soynut and Butter Sandwich

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

\*\* Crispy Granny Smith Apple

Garden Bar:

\*\* Safari Salad

Diced Peaches

\*\* Bunny Diced Carrots

Olives and Jalapenos

Milk

**Wednesday 9/13**

**Breakfast**

Entree Choice of:

English Muffin, Egg and Cheese Sandwich

\* Choice of Breakfast Bars

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

\*\* Bouncy Banana

\*Choice of Fruit Juice

Hash Brown

Milk

**Lunch**

Entree Choice of:

Chicken Patty on Bun

\* Ravioli with Marinara Sauce

Turkey Ham and Cheese on French Roll

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Tater Tots

Garden Bar:

\*\* Safari Salad

\*\* Spectacular Strawberries

\*\* Bouncy Banana

\*\* Zebra Zucchini Sticks

Pinto Beans

Milk

**Thursday 9/14**

**Breakfast**

Entree Choice of:

French Toast Sticks

\* Choice of Breakfast Bars

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

Mandarin Oranges

\*Choice of Fruit Juice

Hash Brown

Milk

**Lunch**

Entree Choice of:

Teriyaki Chicken with Brown Rice

\* Bean and Cheese Chalupa

\* Soynut and Butter Sandwich

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Donut Peaches

Garden Bar:

\*\* Safari Salad

Blackberries

Jicama Sticks

\*\* Very Cheery Cherry Tomatoes

Milk

**Friday 9/15**

**Breakfast**

Entree Choice of:

Yogurt Parfait

\* Choice of Breakfast Bars

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

Diced Apricots

\*Choice of Fruit Juice

Hash Brown

Milk

**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

Strawberry Mango Sidekick

Garden Bar:

\*\* Safari Salad

Applesauce

\*\* Bunny Baby Carrots

Mixed Vegetables

\*\* Tower Celery Sticks

Milk

**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
    - Froot 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 100% Juice:
    - Apple
    - Orange
    - Wild Berry



**Monday 9/18**

**Breakfast**

Entree Choice of:

Blueberry Muffin

\* Choice of Breakfast Bars

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

Raisins

\*Choice of Fruit Juice

Hash Brown

Milk

**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

Cherry Gel Cup

Garden Bar:

\*\* Safari Salad

Diced Peaches

\*\* Grumpy Green Beans

Garbanzo Beans

Milk

**Tuesday 9/19**

**Breakfast**

Entree Choice of:

Pancake and Turkey Sausage on a Stick

\* Choice of Breakfast Bars

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

Mandarin Oranges

\*Choice of Fruit Juice

Hash Brown

Milk

**Lunch**

Entree Choice of:

Chicken Nuggets with Goldfish Crackers

\* Grilled Cheese Sandwich

\* Soynut and Butter Sandwich

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

\*\* Crispy Fuji Apple

Garden Bar:

\*\* Safari Salad

Mandarin Oranges

\*\* Bunny Diced Carrots

\*\* Bright Broccoli Florets

\*\* Crazy Corn Kernels

Milk

**Wednesday 9/20**

**Breakfast**

Entree Choice of:

English Muffin, Turkey Ham and Cheese Sandwich

\* Choice of Breakfast Bars

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

\*\* Crispy Sliced Apples

\*Choice of Fruit Juice

Hash Brown

Milk

**Lunch**

Entree Choice of:

Hamburger or Cheeseburger

\* Veggie Burger

Turkey Ham and Cheese Croissant

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Tater Tots

Garden Bar:

\*\* Safari Salad

Pineapple Pal

Mixed Fruit

Red Beet Matchsticks

Shredded Lettuce and Pickles

Milk

**Thursday 9/21**

**Breakfast**

Entree Choice of:

Cinnamon Roll

\* Choice of Breakfast Bars

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

Diced Peaches

\*Choice of Fruit Juice

Hash Brown

Milk

**Lunch**

Entree Choice of:

Spaghetti and Meat Sauce

\* Spaghetti with Cheese and Marinara Sauce

\* Soynut and Butter Sandwich

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Pluots

Garden Bar:

\*\* Safari Salad

Sliced Honeydew

\*\* Cool Cucumber Slices

Garbanzo Beans

Milk

**Friday 9/22**

**Breakfast**

Entree Choice of:

Apple Frudel

\* Choice of Breakfast Bars

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

Pineapple Tidbits

\*Choice of Fruit Juice

Hash Brown

Milk

**Lunch**

Entree Choice of:

Group A \* Dominos: Pepperoni Pizza

Group B Subway Turkey Cold Cut 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

\*\* Crispy Sliced Apples

Garden Bar:

\*\* Safari Salad

\*\* Yummy Red Grapes

\*\* Bunny Carrot Sticks

Yam Sticks

Milk

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



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



Monday 9/25

Breakfast

Entree Choice of:

Breakfast Pizza

\* Choice of Breakfast Bars

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

Sliced Pears

\*Choice of Fruit Juice

Hash Brown

Milk

Lunch

Entree Choice of:

French Toast Sticks and Chicken Sausage Patty



\* Grilled Cheese Sandwich

Turkey and Cheese Lunch Kits

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Applesauce Cup

Garden Bar:

\*\* Safari Salad

Sliced Pears

\*\* Bunny Diced Carrots

\*\* Greedy Green Peas

Milk

Tuesday 9/26

Breakfast

Entree Choice of:

Maple Pancakes

\* Choice of Breakfast Bars

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

Apricot Halves

\*Choice of Fruit Juice

Hash Brown

Milk

Lunch

Entree Choice of:

Oven Baked Drumstick with Cornbread Muffin

\* Bean & Cheese Burrito

\* Soynut and Butter Sandwich

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

\*\* Crispy Golden Delicious Apple

Garden Bar:

\*\* Safari Salad

Apricot Halves

\*\* Crazy Corn Kernels

\*\* Bright Broccoli Florets

Milk

Wednesday 9/27

Breakfast

Entree Choice of:

English Muffin, Chicken Sausage and Cheese Sandwich

\* Choice of Breakfast Bars

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

Mandarin Oranges

\*Choice of Fruit Juice

Hash Brown

Milk

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

Crinkle Fries

Garden Bar:

\*\* Safari Salad

\*\* Peachy Peach

Mandarin Oranges

Marinara Sauce

BBQ Beans

Milk

Thursday 9/28

Breakfast

Entree Choice of:

Dutch Waffle

\* Choice of Breakfast Bars

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

\*\* Bouncy Banana

\*Choice of Fruit Juice

Hash Brown

Milk

Lunch

Entree Choice of:

Mandarin Orange Chicken with Chow Mein

\* Bean and Cheese Chalupa

\* Soynut and Butter Sandwich

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Plumcots

Garden Bar:

\*\* Safari Salad

Diced Peaches

\*\* Zebra Zucchini Sticks

Edamame

Milk

Friday 9/29

Breakfast

Entree Choice of:

Yogurt Parfait

\* Choice of Breakfast Bars

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

Diced Peaches

\*Choice of Fruit Juice

Hash Brown

Milk

Lunch

Entree Choice of:

Group B Domino's Pepperoni Pizza



Group A Subway Turkey Cold Cuts Sandwich

Group B \* Domino's Cheese Pizza

Group A \* Subway Veggie Sandwich

Turkey and Cheese on French Roll

\* Low Fat Yogurt and Granola

Daily Side of Fruit/Vegetable

Baby Carrots with Ranch

Garden Bar:

\*\* Safari Salad

Moon Drop Grapes

Applesauce

\*\* Tower Celery Sticks

Mixed Vegetables

Milk



Menu Subject to Change

This institution is an equal opportunity provider