



# Glendale Unified School District

## Preschool 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



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

- Cerritos Elementary School
- Columbus Elementary School
- Mann Elementary School

#### Group B

- Cloud Preschool
- College View School
- Jefferson Elementary School
- Pacific Avenue Education Center



### Friday 9/1

#### Breakfast

Entree

\* Choice of Whole Grain Low Sugar Breakfast Cereals: Cinnamon Toast Crunch, Cheerios, Kix or Rice Chex

Diced Peaches

Milk

#### Lunch

Entree

**Group B** Domino's: Pepperoni Pizza



**Group A** Subway Turkey Cold Cuts Sandwich

Daily Side of Fruit/Vegetable

Gravenstein Apple



\*\* Safari Salad

Milk

### Monday 9/4



### Tuesday 9/5

#### Breakfast

Entree

\* Bean and Cheese Burrito

Dried Cranberries

Milk

#### Lunch

Entree

Turkey Pepperoni Stuffed Sandwich

Daily Side of Fruit/Vegetable

Pineapple Tidbits

Beets

Milk

### Wednesday 9/6

#### Breakfast

Entree

Chocolate Chip Muffin

Diced Pears

Milk

#### Lunch

Entree

Chicken Tenders

Daily Side of Fruit/Vegetable

\*\* Crispy Golden Delicious Apple

\*\* Bunny Diced Carrots

Milk

### Thursday 9/7

#### Breakfast

Entree

English Muffin, Turkey Bacon Egg and Cheese Sandwich

\*\* Awesome Sliced Apples

Milk

#### Lunch

Entree

\* Bean and Cheese Burrito

Daily Side of Fruit/Vegetable

Sliced Cantaloupe



\*\* Safari Salad

Milk

### Friday 9/8

#### Breakfast

Entree

Buttermilk Bar

Pineapple Tidbits

Milk

#### Lunch

Entree

\* Cheese Pizza

Daily Side of Fruit/Vegetable

White Nectarine



Kidney Beans

Milk

### Monday 9/11

#### Breakfast

Entree

Breakfast Pizza

Sliced Pears

Milk

#### Lunch

Entree

\* Grilled Cheese Sandwich

Daily Side of Fruit/Vegetable

Orange Mandarin Cup

\*\* Greedy Green Peas

Milk

### Tuesday 9/12

#### Breakfast

Entree

Bagel with Cream Cheese

Diced Peaches

Milk

#### Lunch

Entree

\* Cheese Pizza

Daily Side of Fruit/Vegetable

\*\* Crispy Granny Smith Apple

\*\* Bunny Diced Carrots

Milk

### Wednesday 9/13

#### Breakfast

Entree

English Muffin, Egg and Cheese Sandwich

\*\* Bouncy Banana

Milk

#### Lunch

Entree

Chicken Patty on Bun

Daily Side of Fruit/Vegetable

Tater Tots

\*\* Spectacular Strawberries

Milk

### Thursday 9/14

#### Breakfast

Entree

French Toast Sticks

Mandarin Oranges

Milk

#### Lunch

Entree

Teriyaki Chicken with Brown Rice

Daily Side of Fruit/Vegetable

Donut Peaches



\*\* Very Cheery Cherry Tomatoes

Milk

### Friday 9/15

#### Breakfast

Entree

\* Choice of Whole Grain Low Sugar Breakfast Cereals: Cinnamon Toast Crunch, Cheerios, Kix or Rice Chex

Diced Apricots

Milk

#### Lunch

Entree

Oven Baked Drumstick

Daily Side of Fruit/Vegetable

Strawberry Mango Sidekick

\*\* Safari Salad

Milk

Monday 9/18

Breakfast

Entree

Blueberry Muffin

Applesauce Cup

Milk

Lunch

Entree

\* Mac and Cheese

Daily Side of Fruit/Vegetable

Cherry Gel Cup

\*\* Grumpy Green Beans

Milk

Tuesday 9/19

Breakfast

Entree

\* Choice of Whole Grain Low Sugar Breakfast Cereals: Cinnamon Toast Crunch, Cheerios, Kix or Rice Chex

Mandarin Oranges

Milk

Lunch

Entree

Chicken Nuggets

Daily Side of Fruit/Vegetable

\*\* Crispy Fuji Apple

\*\* Safari Salad

Milk

Wednesday 9/20

Breakfast

Entree

English Muffin, Turkey Ham and Cheese Sandwich

\*\* Crispy Sliced Apples

Milk

Lunch

Entree

Cheeseburger

Daily Side of Fruit/Vegetable

Tater Tots

Pineapple Pal

Milk

Thursday 9/21

Breakfast

Entree

Cinnamon Roll

Diced Peaches

Milk

Lunch

Entree

Spaghetti and Meat Sauce

Daily Side of Fruit/Vegetable

Pluots



\*\* Cool Cucumber Slices

Milk

Friday 9/22

Breakfast

Entree

Apple Frudel

Pineapple Tidbits

Milk

Lunch

Entree

Group A Dominos: Pepperoni Pizza

Group B Subway Turkey Cold Cuts Sandwich

Daily Side of Fruit/Vegetable

\*\* Crispy Sliced Apples

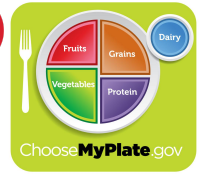
\*\* Safari Salad

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



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



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 or call: (866) 613-3777

Monday 9/25

Breakfast

Entree

Breakfast Pizza

Sliced Pears

Milk

Lunch

Entree

\* Grilled Cheese Sandwich

Daily Side of Fruit/Vegetable

Applesauce Cup

\*\* Bunny Diced Carrots

Milk

Tuesday 9/26

Breakfast

Entree

Maple Pancakes

Apricot Halves

Milk

Lunch

Entree

Oven Baked Drumstick

Daily Side of Fruit/Vegetable

\*\* Crispy Golden Delicious Apple

\*\* Crazy Corn Kernels

Milk

Wednesday 9/27

Breakfast

Entree

English Muffin, Chicken Sausage and Cheese Sandwich

Mandarin Oranges

Milk

Lunch

Entree

\* Mozzarella Bread Sticks

Daily Side of Fruit/Vegetable

Crinkle Fries

\*\* Peachy Peach

Milk

Thursday 9/28

Breakfast

Entree

Dutch Waffle

\*\* Bouncy Banana

Milk

Lunch

Entree

Mandarin Orange Chicken with Chow Mein

Chocolate Chip Cookie

Daily Side of Fruit/Vegetable

Plumcots



\*\* Zebra Zucchini Sticks

Milk

Friday 9/29

Breakfast

Entree

\* Choice of Whole Grain Low Sugar Breakfast Cereals: Cinnamon Toast Crunch, Cheerios, Kix or Rice Chex

Diced Peaches

Milk

Lunch

Entree

Group B Dominos: Pepperoni Pizza

Group A Subway Turkey Cold Cuts Sandwich

Daily Side of Fruit/Vegetable

Applesauce

\*\* Safari Salad

Milk



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



Local fruits and vegetables from the The Fruit Guys, California



Menu Subject to Change

This institution is an equal opportunity provider