



www.gusd.net/nutritionservices
(818) 552-2677

Glendale Unified School District

Elementary School Menu

December 2015



www.gusd.net



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

^ 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

<p>Tuesday 12/1 Daily Side of Fruit/Vegetable <i>Baby Carrots</i></p> <p>Cheese or Pepperoni Pizza * Grilled Bean & Cheese Burrito Spinach Salad w/Chicken & Dried Cranberries w/W.G. Roll</p> <p>* Low Fat Strawberry-Banana Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Olives, Jalapenos, Cucumber Coins, BBQ Beans, Mandarin Oranges, & Fuji Apples</p> <p>^ SPECIAL EVENT DAY Muir (<i>Pizza</i>) Fremont (<i>Sandwich</i>) Glenoaks (<i>BBQ</i>)</p>	<p>Wednesday 12/2 Daily Side of Fruit/Vegetable <i>Applesauce Cup</i></p> <p>Chicken Patty on W.G. Bun * Ravioli w/Marinara Sauce Turkey Ham & Cheese on W.G.</p> <p>* Low Fat Strawberry-Banana Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Garbanzo Beans, Corn Kernels, Pear Halves, & Red Grapes</p> <p>^ SPECIAL EVENT DAY Jefferson (<i>Pizza</i>) Cerritos (<i>BBQ</i>)</p>	<p>Thursday 12/3 Daily Side of Fruit/Vegetable <i>Banana</i></p> <p>Mandarin Orange Chicken w/W.G. Chow Mein * Bean & Cheese Chalupa Taco Salad on Romaine w/Egg & W.G. Hawaiian Roll</p> <p>* Low Fat Strawberry-Banana Yogurt & Hawaiian Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Carrot Coins, Corn & Bean Confetti Salsa, Applesauce, & <i>Cara Cara Orange Smiles</i></p> <p>^ SPECIAL EVENT DAY Columbus (<i>Pizza</i>) Edison (<i>Sandwich</i>)</p>	<p>Friday 12/4 Daily Side of Fruit/Vegetable <i>Potato Rounds</i></p> <p>Oven Baked Chicken w/W.G. Roll * Hot Grilled Cheese Sandwich Turkey & Cheese Sandwich on W.G.</p> <p>* Low Fat Strawberry-Banana Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Broccoli Florets, Kidney Beans, Apricot Halves, Red/Green Apples & Bananas</p> <p>^ SPECIAL EVENT DAY Verdugo Woodlands (<i>Pizza</i>) Monte Vista (<i>BBQ</i>)</p>
<p>Monday 12/7 Daily Side of Fruit/Vegetable <i>Chilled Apricot Halves</i></p> <p>French Bread Pepperoni Pizza * W.G. Mac & Cheese w/W.G. Goldfish Crackers Turkey & Cheese Sandwich on W.G. French Roll</p> <p>* Low Fat Peach Yogurt & W.G. Double Chocolate Chip Muffin</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Beets, Northern Beans, Sliced Peaches, & Raisins</p> <p>^ SPECIAL EVENT DAY Dunsmore (<i>Pizza</i>)</p>	<p>Tuesday 12/8 Daily Side of Fruit/Vegetable <i>Carrot Coins</i></p> <p>White Meat Chicken Nuggets w/W.G. Roll * Southwest Veggie Quesadilla Asian Chicken Salad on Romaine, w/Mandarin Oranges & W.G. Roll</p> <p>* Low Fat Peach Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, BBQ Beans, Zucchini Slices, Mandarin Oranges, & Fuji Apples</p> <p>^ SPECIAL EVENT DAY R.D. White (<i>Pizza</i>) Valley View (<i>Sandwich</i>) La Crescenta (<i>BBQ</i>)</p>	<p>Wednesday 12/9 Daily Side of Fruit/Vegetable <i>Potato Rounds</i></p> <p>Hamburger or Cheeseburger on W.G. Bun * Black Bean & Cheese Burrito Turkey Ham & Cheese on W.G.</p> <p>* Low Fat Peach Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Pickles, Shredded Lettuce, Jicama Sticks, Pinto Beans, Diced Pears, & Tangerines</p> <p>^ SPECIAL EVENT DAY Mountain Avenue (<i>Pizza</i>) Franklin (<i>BBQ</i>)</p>	<p>Thursday 12/10 Daily Side of Fruit/Vegetable <i>Sliced Apples</i></p> <p>Spaghetti & Meat Sauce w/W.G. Roll * Bean & Cheese Pupusa Tuna Salad w/Romaine, Egg, & W.G. Roll</p> <p>* Low Fat Peach Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Celery Sticks, Corn & Bean Confetti Salsa, Apricot Halves, & Bananas</p> <p>^ SPECIAL EVENT DAY Marshall (<i>Pizza</i>) Balboa (<i>Sandwich</i>)</p>
<p>Monday 12/14 Daily Side of Fruit/Vegetable <i>Raisins</i></p> <p>Waffle Sticks & Sausage Links * Bean & Cheese Pupusa Turkey & Cheese Sandwich on W.G. French Roll</p> <p>* Low Fat Strawberry-Banana Yogurt & W.G. Double Chocolate Chip Muffin</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Peas, Pinto Beans, Salsa, Sliced Peaches, & Dried Cranberries</p> <p>^ SPECIAL EVENT DAY Edison (<i>Pizza</i>)</p>	<p>Tuesday 12/15 Daily Side of Fruit/Vegetable <i>Baby Carrots</i></p> <p>Cheese or Pepperoni Pizza * Hot Grilled Cheese Sandwich Spinach Salad w/Chicken & Dried Cranberries w/W.G. Roll</p> <p>* Low Fat Strawberry-Banana Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Olives, Jalapenos, Cucumber Coins, BBQ Beans, Mandarin Oranges, & Fuji Apples</p> <p>^ SPECIAL EVENT DAY Fremont (<i>Pizza</i>) Muir (<i>Sandwich</i>) Mann (<i>BBQ</i>)</p>	<p>Wednesday 12/16 Daily Side of Fruit/Vegetable <i>Potato Rounds</i></p> <p>Chicken Patty on W.G. Bun * Grilled Bean & Cheese Burrito Turkey Ham & Cheese on W.G.</p> <p>* Low Fat Strawberry-Banana Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Cherry Tomatoes, Garbanzo Beans, Applesauce, & Pears</p> <p>^ SPECIAL EVENT DAY Glenoaks (<i>Pizza</i>) Verdugo Woodlands (<i>BBQ</i>)</p>	<p>Thursday 12/17 Daily Side of Fruit/Vegetable <i>Mashed Potatoes</i></p> <p>Turkey & Gravy w/W.G. Roll * Bean & Cheese Chalupa Taco Salad on Romaine w/Egg & W.G. Hawaiian Roll</p> <p>* Low Fat Strawberry-Banana Yogurt & W.G. Hawaiian Roll <i>Special: W.G. Holiday Cookies</i></p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Carrot Coins, Corn & Bean Confetti Salsa, Sliced Pears, & Orange Slices</p> <p>^ SPECIAL EVENT DAY Cerritos (<i>Pizza</i>) Jefferson (<i>Sandwich</i>)</p>
<p>Friday 12/11 Daily Side of Fruit/Vegetable <i>Corn Kernels</i></p> <p>Turkey Hot Dog on W.G. Bun * Hot Grilled Cheese Sandwich Turkey & Cheese Sandwich on W.G.</p> <p>* Low Fat Peach Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Carrot Sticks, Pineapple Tidbits, Kidney Beans, Red/Green Apples & Bananas</p> <p>^ SPECIAL EVENT DAY Keppel (<i>Pizza</i>) Lincoln (<i>BBQ</i>)</p>	<p>Friday 12/18 Daily Side of Fruit/Vegetable <i>Sliced Peaches</i></p> <p>Oven Baked Chicken w/W.G. Roll * Macaroni w/Shredded Cheese & Marinara Sauce w/W.G. Roll Turkey & Cheese Sandwich on W.G.</p> <p>* Low Fat Strawberry-Banana Yogurt & W.G. Roll</p> <p>GARDEN BAR Green Salad w/Romaine & Spinach, Kidney Beans, Cauliflower Florets, Apricot Halves, Red/Green Apples & Bananas</p> <p>^ SPECIAL EVENT DAY Monte Vista (<i>Pizza</i>) Dunsmore (<i>BBQ</i>)</p>		

MEAL PRICES

LUNCH

STUDENTS:
New Full Pay = \$2.50
Reduced = \$0.40

ADULT:
\$2.75

BREAKFAST

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

ADULT:
\$1.50

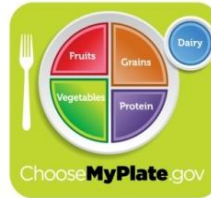
You may also pay using our convenient online service:



Nutritional Analysis

LUNCH AVERAGE

Calories	595
Iron (Mg)	3
Calcium (Mg)	526
Protein (G)	24
Total Fat (%)	32
Saturated Fat (%)	8



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* Vegetarian entrée
W.G. = Whole Grain

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

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