

(818) 552-2677

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

Monday 12/7 Daily Side of Fruit/Vegetable **Chilled Apricot Halves**

French Bread Pepperoni Pizza * W.G. Mac & Cheese w/W.G. Goldfish Crackers Turkey & Cheese Sandwich on W.G. French Roll * Low Fat Peach Yogurt

& W.G. Double Chocolate Chip Muffin

GARDEN BAR

Green Salad w/Romaine & Spinach, Beets, Northern Beans, Sliced Peaches, & Raisins

> ^ SPECIAL EVENT DAY Dunsmore (Pizza)

Monday 12/14 Daily Side of Fruit/Vegetable Raisins

Waffle Sticks & Sausage Links

* Bean & Cheese Pupusa Turkey & Cheese Sandwich on W.G. French Roll * Low Fat Strawberry-Banana Yogurt & W.G. Double Chocolate Chip Muffin

GARDEN BAR

Green Salad w/Romaine & Spinach, Peas, Pinto Beans, Salsa, Sliced Peaches, & Dried Cranberries

> ^ SPECIAL EVENT DAY Edison (Pizza)

Daily Side of Fruit/Vegetable Baby Carrots Cheese or Pepperoni Pizza * Grilled Bean & Cheese Burrito Spinach Salad w/Chicken & Dried Cranberries

Tuesday 12/1

w/W.G. Roll * Low Fat Strawberry-Banana Yogurt & W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Olives, Jalapenos, Cucumber Coins, BBO Beans, Mandarin Oranges, & Fuji Apples SPECIAL EVENT DAY Muir (Pizza) Fremont (Sandwich) Glenoaks (BBO)

> Tuesday 12/8 Daily Side of Fruit/Vegetable Carrot Coins

White Meat Chicken Nuggets w/W.G. Roll * Southwest Veggie Quesadilla Asian Chicken Salad on Romaine. w/Mandarin Oranges & W.G. Roll * Low Fat Peach Yogurt & W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, BBQ Beans, Zucchini Slices, Mandarin Oranges, & Fuji Apples ^ SPECIAL EVENT DAY R.D. White (Pizza)

Vallev View (Sandwich) La Crescenta (BBO)

Tuesday 12/15 Daily Side of Fruit/Vegetable **Baby Carrots**

Cheese or Pepperoni Pizza * Hot Grilled Cheese Sandwich

Spinach Salad w/Chicken & Dried Cranberries w/W.G. Roll

* Low Fat Strawberry-Banana Yogurt & W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Olives, Jalapenos, Cucumber Coins, BBO Beans, Mandarin Oranges, & Fuji Apples

> SPECIAL EVENT DAY Fremont (Pizza) Muir (Sandwich) Mann (BBQ)

Wednesday 12/2 Daily Side of Fruit/Vegetable Applesauce Cup

Glendale Unified School District Elementary School Menu

December 2015

Chicken Patty on W.G. Bun * Ravioli w/Marinara Sauce

Turkey Ham & Cheese on W.G.

* Low Fat Strawberry-Banana Yogurt & W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Garbanzo Beans, Corn Kernels, Pear Halves, & Red Grapes

> SPECIAL EVENT DAY Jefferson (Pizza) Cerritos (BBO)

Wednesday 12/9 Daily Side of Fruit/Vegetable Potato Rounds

Hamburger or Cheeseburger on W.G. Bun * Black Bean & Cheese Burrito Turkey Ham & Cheese on W.G.

* Low Fat Peach Yogurt & W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Pickles, Shredded Lettuce, Jicama Sticks, Pinto Beans, **Diced Pears, & Tangerines**

> ^ SPECIAL EVENT DAY Mountain Avenue (Pizza) Franklin (BBO)

Wednesday 12/16 Daily Side of Fruit/Vegetable Potato Rounds

Chicken Patty on W.G. Bun

* Grilled Bean & Cheese Burrito

Turkey Ham & Cheese on W.G. * Low Fat Strawberry-Banana Yogurt

& W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Cherry Tomatoes, Garbanzo Beans, Applesauce, & Pears

> SPECIAL EVENT DAY Glenoaks (Pizza) Verdugo Woodlands (BBO)

Thursday 12/3 Daily Side of Fruit/Vegetable Banana

Mandarin Orange Chicken w/W.G. Chow Mein

* Bean & Cheese Chalupa Taco Salad on Romaine w/Egg & W.G. Hawaiian Roll

* Low Fat Strawberry-Banana Yogurt & Hawaiian Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Carrot Coins, Corn & Bean Confetti Salsa. Applesauce, & Cara Cara Orange Smiles

> ^ SPECIAL EVENT DAY Columbus (Pizza) Edison (Sandwich)

Thursday 12/10 Daily Side of Fruit/Vegetable Sliced Apples

Spaghetti & Meat Sauce w/W.G. Roll * Bean & Cheese Pupusa Tuna Salad w/Romaine, Egg.

& W.G. Roll

* Low Fat Peach Yogurt & W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Celery Sticks, Corn & Bean Confetti Salsa, Apricot Halves, & Bananas

> ^ SPECIAL EVENT DAY Marshall (Pizza)

Balboa (Sandwich)

Thursday 12/17 Daily Side of Fruit/Vegetable Mashed Potatoes

Turkey & Gravy w/W.G. Roll * Bean & Cheese Chalupa

Taco Salad on Romaine w/Egg & W.G. Hawaiian Roll

* Low Fat Strawberry-Banana Yogurt & W.G. Hawaiian Roll

Special: W.G. Holiday Cookies GARDEN BAR

Green Salad w/Romaine & Spinach. Carrot Coins, Corn & Bean Confetti Salsa, Sliced Pears, & Orange Smiles

> ^ SPECIAL EVENT DAY Cerritos (Pizza) Jefferson (Sandwich)

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Friday 12/4 Daily Side of Fruit/Vegetable Potato Rounds

www.gusd.ne

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

595

526

24

32

8

3

Calories

Iron (Mg)

Protein (G)

Total Fat (%)

Saturated Fat (%)

MyPlate

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

Calcium (Mg)

EZ SchoolPay

Oven Baked Chicken w/W.G. Roll * Hot Grilled Cheese Sandwich Turkey & Cheese Sandwich on W.G.

* Low Fat Strawberry-Banana Yogurt & W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Broccoli Florets, Kidney Beans, Apricot Halves, **Red/Green Apples & Bananas**

> ^ SPECIAL EVENT DAY Verdugo Woodlands (Pizza) Monte Vista (BBO)

Friday 12/11 Daily Side of Fruit/Vegetable Corn Kernels Turkey Hot Dog on W.G. Bun

* Hot Grilled Cheese Sandwich Turkey & Cheese Sandwich on W.G. * Low Fat Peach Yogurt & W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Carrot Sticks, Pineapple Tidbits, Kidney Beans, Red/Green Apples & Bananas

^ SPECIAL EVENT DAY Keppel (Pizza) Lincoln (BBO)

Friday 12/18 Daily Side of Fruit/Vegetable Sliced Peaches

Oven Baked Chicken w/W.G. Roll * Macaroni w/Shredded Cheese & Marinara Sauce w/W.G. Roll

Turkey & Cheese Sandwich on W.G.

* Low Fat Strawberry-Banana Yogurt & W.G. Roll

GARDEN BAR

Green Salad w/Romaine & Spinach, Kidney Beans. Cauliflower Florets, Apricot Halves, **Red/Green Apples & Bananas**

> ^ SPECIAL EVENT DAY Monte Vista (Pizza) Dunsmore (BBO)

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 age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of * Vegetarian entrée an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded W.G. = Whole Grain by the Department. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W. Whitten Building, 1400 Independence Avenue, SW,

Monday 12/21		Tuesday 12/22		Wednesday 12/23		Thursday 12/24		Friday 12/25	
Winter Recess		Winter Recess		Winter Recess		Winter Recess		Winter Recess	
Monday 12/28		Tuesday 12/29		Wednesday 12/30		Thursday	12/31		
Winter Recess		Winter Recess		Winter Recess		Winter	Recess	*	
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*String Chee Choice of W Reduced Su - Apple Jack - Cheerios - Cinnamon ' - Froot Loop	/hole Grain gar Cereal: s Toast Crunch s Addition 1% Mi	*Choice of Breakfast Ba - Banana Chocolate - Oatmeal Chocolate Chi al Breakfast Selections Includ Potato Rounds, ilk or Nonfat Chocolate Milk, (Apple, Orange, or Wild Ber	p Ie: Foods m Check Health-e addition	ay contain soy. our website's	Calories 352 Iron (Mg) 35 Calories 352 Iron (Mg) 35 Calcium (Mg) 442 Protein (G) 15 Total Fat (%) 32 Saturated Fat (%) 5	TUESDAY 12/1 * Choice of Breakfast Bars * Choice of Cereals + String Cheese W.G. Bagel w/Cream Cheese Strawberry Yogurt & Chocolate Granola Apples	WEDNESDAY 12/2 * Choice of Breakfast Bars * Choice of Cereals + String Cheese English Muffin Egg & Cheese Sandwich Strawberry Yogurt & Chocolate Granola Pear Halves	THURSDAY 12/3 * Choice of Breakfast Bars * Choice of Cereals + String Cheese Waffle Sticks & Sausage Patty Strawberry Yogurt & Chocolate Granola Applesauce Cup	FRIDAY 12/4 * Choice of Breakfast Bars * Choice of Cereals + String Cheese W.G. Cinnamon Roll Strawberry Yogurt & Chocolate Granola Bananas
MONDAY 12/7	TUESDAY 12/8	WEDNESDAY 12/9	THURSDAY 12/10	FRIDAY 12/11	MONDAY 12/14	TUESDAY 12/15	WEDNESDAY 12/16	THURSDAY 12/17	FRIDAY 12/18
* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese	* Choice of Breakfast Bars * Choice of Cereals + String Cheese
Bean & Cheese Burrito	W.G. Bagel w/Cream Cheese	English Muffin Turkey Ham, Egg, & Cheese	Grilled Cheese Sandwich	W.G. Crumb Cake w/String Cheese	Breakfast Pizza	W.G. Bagel w/Cream Cheese	English Muffin Egg & Cheese Sandwich	Pancakes & Turkey Bacon	W.G. Cinnamon Roll
Strawberry Yogurt & Strawberry Granola	Strawberry Yogurt & Strawberry Granola	Sandwich Strawberry Yogurt & Strawberry Granola	Strawberry Yogurt & Strawberry Granola	Strawberry Yogurt & Strawberry Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola	Strawberry Yogurt & Chocolate Granola
Sliced Peaches	Mandarin Oranges	Diced Pears	Bananas	Pineapple Tidbits	Dried Cranberries	Apples	Pear Halves	Applesauce Cup	Apricot Halves
MONDAY 12/21 Winter Recess	TUESDAY 12/22 Wintez Recess	WEDNESDAY 12/23 Wintez Recess	<u>THURSDAY 12/24</u> Wintez Recess	FRIDAY 12/25 Wintez Recess	MONDAY 12/28 Wintez Recess	TUESDAY 12/29 Wintez Recess	wednesday 12/30 Wintez Recess	<u>THURSDAY 12/31</u> Wintez Recess	