



Glendale Unified School District

Elementary School Menu

August 2019



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



		Thursday 8/1		Friday 8/2	
Monday 8/5	Tuesday 8/6	Wednesday 8/7	Thursday 8/8	Friday 8/9	
Monday 8/12	Tuesday 8/13	Wednesday 8/14	Thursday 8/15	Friday 8/16	
Monday 8/19	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23	
		Daily Side of Fruit/Vegetable <i>Grapes</i> ENTRÉE - CHOICE OF: Chicken Patty on Sesame Seed Bun * Grilled Bean and Cheese Burrito <i>Turkey Ham and Cheese on French Roll</i> * Low Fat Strawberry-Banana Yogurt and Roll GARDEN BAR Green Salad w/Romaine Lettuce, Strawberries, Corn and Bean Confetti Salsa, Corn Kernels and Kiwi Wedges ^ SPECIAL EVENT DAY Jefferson (<i>Pizza</i>) Marshall (<i>BBQ</i>)	Daily Side of Fruit/Vegetable <i>Sliced Apples</i> ENTRÉE - CHOICE OF: Mandarin Orange Chicken w/Chow Mein * Bean and Cheese Chalupa Taco Salad on Romaine w/Egg, Diced Tomatoes and Roll * Low Fat Strawberry-Banana Yogurt and Roll GARDEN BAR Green Salad w/Romaine Lettuce, Cherry Tomatoes, Applesauce, BBQ Beans and Banana ^ SPECIAL EVENT DAY Verdugo Woodlands (<i>Pizza</i>) Franklin (<i>Sandwich</i>) Keppel (<i>Pick Up Stix</i>)	Daily Side of Fruit/Vegetable <i>Tater Tots</i> ENTRÉE - CHOICE OF: Turkey Hot Dog on Bun * Bean and Cheese Pupusa Turkey and Cheese Sandwich * Low Fat Strawberry-Banana Yogurt and Roll GARDEN BAR Green Salad w/Romaine Lettuce, Broccoli Florets, Pinto Beans, Apricot Halves, Red/Green Apples and Bananas ^ SPECIAL EVENT DAY Fremont (<i>Pizza</i>) Monte Vista (<i>BBQ</i>)	
Monday 8/26	Tuesday 8/27	Wednesday 8/28	Thursday 8/29	Friday 8/30	
Daily Side of Fruit/Vegetable <i>Apricot Cup</i> ENTRÉE - CHOICE OF: Mini Chicken Corn Dogs * Mac and Cheese * Soynut Butter and Jelly Sandwich * Low Fat Peach Yogurt and Chocolate Chip Muffin GARDEN BAR Green Salad w/Romaine Lettuce, Beets, Sliced Peaches, Garbanzo Beans and Dried Cranberries ^ SPECIAL EVENT DAY Columbus (<i>Pizza</i>)	Daily Side of Fruit/Vegetable <i>Tater Tots</i> ENTRÉE - CHOICE OF: Hamburger or Cheeseburger on Sesame Seed Bun * Cheese Quesadilla Asian Chicken Salad on Romaine w/Mandarin Oranges and Roll * Low Fat Peach Yogurt and Roll GARDEN BAR Green Salad w/Romaine Lettuce, Zucchini Slices, Mandarin Oranges, Pinto Beans, Shredded Lettuce, Pickles and Granny Smith Apples ^ SPECIAL EVENT DAY Edison (<i>Pizza</i>) Valley View (<i>Sandwich</i>) Lincoln (<i>BBQ</i>)	Daily Side of Fruit/Vegetable <i>Dried Cranberries</i> ENTRÉE - CHOICE OF: Chicken Nuggets w/Roll * Bean and Cheese Nacho Bites <i>Turkey and Cheese on Oat Dusted Bun</i> * Low Fat Peach Yogurt and Roll GARDEN BAR Green Salad w/Romaine Lettuce, Diced Pears, Jicama Sticks, Garbanzo Beans and Tangerines ^ SPECIAL EVENT DAY Dunsmore (<i>Pizza</i>) Muir (<i>BBQ</i>)	Daily Side of Fruit/Vegetable <i>Baby Carrots</i> ENTRÉE - CHOICE OF: Spaghetti w/Meat Sauce * Bean and Cheese Pupusa Tuna Salad w/Romaine, Egg and Roll * Low Fat Peach Yogurt and Roll GARDEN BAR Green Salad w/Romaine Lettuce, Apricot Halves, Cucumber Coins, Salsa, Pinto Beans and Grapes ^ SPECIAL EVENT DAY Glenoaks (<i>Pizza</i>) Mann (<i>Sandwich</i>) La Crescenta (<i>Pick Up Stix</i>)	Daily Side of Fruit/Vegetable <i>Corn Kernels</i> ENTRÉE - CHOICE OF: Oven Baked Chicken Drumstick w/Roll * Grilled Cheese Sandwich Turkey Ham and Cheese Sandwich * Low Fat Peach Yogurt and Roll <i>Special: W.G. Red Apple Cookie</i> GARDEN BAR Green Salad w/Romaine Lettuce, Carrot Sticks, Pineapple Tidbits, Corn and Bean Confetti Salsa and Red/Green Apples ^ SPECIAL EVENT DAY Balboa (<i>Pizza</i>) Mountain Avenue (<i>BBQ</i>)	

Special Events Day

- Domino's Pizza Day**
Special Recipe: Whole grain crust, low-sodium/low-fat cheese, low-sodium tomato sauce and turkey pepperoni
- Sandwich Express Day**
All sandwiches are prepared on whole wheat bread
- BBQ Day**
Fresh grilled hamburgers, cheeseburgers, veggie burgers and turkey hot dogs
- Pick Up Stix**
House Special Chicken with Brown Rice

^ These entrées will replace one of the hot main entrée items offered that day

MEAL PRICES

LUNCH	BREAKFAST
STUDENT: Full Pay = \$2.75 Reduced = \$0.40	STUDENT: Full Pay = \$1.25 Reduced = \$0.25
ADULT: \$3.25	ADULT: \$1.75
A LA CARTE SALES Fruit, Milk, or Juice = \$0.50 Bottled Water = \$1.00	

You may also pay using our convenient online service:



- 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.
- May contain soy.
- GUSD is a nut free district.
- All grains and breads are whole grain rich
- All pepperoni items are made w/turkey.
- MINIMUM DAYS: Sack lunch will be provided.
- MENU SUBJECT TO CHANGE

Monday 9/2

★ HAPPY ★
LABOR DAY



Tuesday 9/3

Daily Side of Fruit/Vegetable
Raisins

ENTRÉE - CHOICE OF: 

French Toast Sticks and Sausage Patties

- * Bean and Cheese Pupusa
- * Soynut Butter and Jelly Sandwich
- * Low Fat Strawberry-Banana Yogurt and Chocolate Chip Muffin

GARDEN BAR
Green Salad w/Romaine Lettuce, Peas, BBQ Beans, Salsa, Sliced Peaches and Dried Cranberries

^ SPECIAL EVENT DAY
Cerritos (*Pizza*)

Wednesday 9/4

Daily Side of Fruit/Vegetable
Tater Tots

ENTRÉE - CHOICE OF:

Chicken Patty on Sesame Seed Bun

- * Grilled Bean and Cheese Burrito

Turkey Ham and Cheese on French Bread

- * Low Fat Strawberry-Banana Yogurt and Roll

GARDEN BAR
Green Salad w/Romaine Lettuce, Pear Halves, Cherry Tomatoes, BBQ Beans and Strawberries

^ SPECIAL EVENT DAY
Franklin (*Pizza*)
R. D. White (*BBQ*)

Thursday 9/5

Daily Side of Fruit/Vegetable
Sliced Peaches

ENTRÉE - CHOICE OF:

Teriyaki Chicken w/Brown Rice

- * Bean and Cheese Chalupa

Taco Salad on Romaine w/Egg, Diced Tomatoes and Roll

- * Low Fat Strawberry-Banana Yogurt and Roll

GARDEN BAR
Green Salad w/Romaine Lettuce, Applesauce, Carrot Sticks, Garbanzo Beans and Orange Smiles

^ SPECIAL EVENT DAY
Keppel (*Pizza*)
Muir (*Sandwich*)
Fremont (*Pick Up Stix*)

Friday 9/6

Daily Side of Fruit/Vegetable
Mixed Berries Cup

ENTRÉE - CHOICE OF:

BBQ Beef Rib on Hoagie Roll

- * Baked Elbow Pasta w/Shredded Cheese and Marinara Sauce w/Roll

Turkey and Cheese Sandwich

- * Low Fat Strawberry-Banana Yogurt and Roll

GARDEN BAR
Green Salad w/Romaine Lettuce, Apricot Halves, Cauliflower Florets, Corn and Bean Confetti Salsa and Red/Green Apples

^ SPECIAL EVENT DAY
La Crescenta (*Pizza*)
Valley View (*BBQ*)



Nutritional Analysis

LUNCH AVERAGE

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

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Breakfast




Thursday 8/1 Friday 8/2




Monday 8/5 Tuesday 8/6 Wednesday 8/7 Thursday 8/8 Friday 8/9



Monday 8/12 Tuesday 8/13 Wednesday 8/14 Thursday 8/15 Friday 8/16



Monday 8/19 Tuesday 8/20 Wednesday 8/21 Thursday 8/22 Friday 8/23



* Choice of Breakfast Bars

* Choice of Cereals + String Cheese

Bagel w/Cream Cheese

Strawberry Yogurt & Chocolate Granola
Strawberries

Monday 8/26 Tuesday 8/27 Wednesday 8/28 Thursday 8/29 Friday 8/30

* Choice of Breakfast Bars

* Choice of Cereals + String Cheese

Bean & Cheese Burrito

Strawberry Yogurt & Chocolate Granola
Sliced Peaches

Monday 9/2 Tuesday 9/3 Wednesday 9/4 Thursday 9/5 Friday 9/6

★ HAPPY ★
LABOR DAY

* Choice of Breakfast Bars

* Choice of Cereals + String Cheese

Breakfast Pizza

Strawberry Yogurt & Strawberry Granola

Dried Cranberries

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

*String Cheese +

* Choice of Whole Grain

Reduced Sugar Cereal:

- Apple Jacks
- Cocoa Puffs
- Cheerios
- Froot Loops

* Choice of Breakfast Bar:

- Banana Chocolate
- Oatmeal Chocolate Chip

Additional Breakfast

Selections Include:
Hash Brown, 1% Milk or Nonfat Chocolate Milk & Juice (Apple, Orange or Wild Berry)