



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

Glendale Unified School District

Franklin Elementary School Menu

April 2019



www.gusd.net

Special menu planned by
Ms. Hartel 5th/6th Dual
Immersion Italian class

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 4/1
Daily Side of Fruit/Vegetable
Mandarin Orange Cup

ENTRÉE - CHOICE OF:
Chicken Soft Taco w/Flour Tortilla

Grilled Cheese Sandwich

* Grilled Cheese Sandwich
* *Tomato Soup*

* Soynut Butter and Jelly Sandwich

* Low Fat Strawberry-Banana Yogurt and Chocolate Chip Muffin

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

^ SPECIAL EVENT DAY
Fremont (*Pizza*)

Tuesday 4/2
Daily Side of Fruit/Vegetable
Strawberry Cup

ENTRÉE - CHOICE OF:
Cheese or Turkey Pepperoni Pizza

* Grilled Bean and Cheese Burrito

Chicken Salad on Romaine w/Dried Cranberries and Roll

* Low Fat Strawberry-Banana Yogurt and Roll

GARDEN BAR
Green Salad w/Romaine Lettuce, Cucumber Coins, BBQ Beans, Olives, Jalapenos, Mandarin Oranges and Fuji Apples

^ SPECIAL EVENT DAY
Marshall (*Sandwich*)
Keppel (*BBQ*)

Wednesday 4/3
Daily Side of Fruit/Vegetable
Baby Carrots

ENTRÉE - CHOICE OF:
Chicken Patty on Sesame Seed Bun

* Ravioli w/Marinara Sauce

Turkey Ham and Cheese on French Roll

* Low Fat Strawberry-Banana Yogurt and Roll

GARDEN BAR
Green Salad w/Romaine Lettuce, Pear Halves, Pinto Beans, Corn Kernels Grapes and *Hummus*

^ SPECIAL EVENT DAY
Glenoaks (*Pizza*)
Cerritos (*BBQ*)

Thursday 4/4
Daily Side of Fruit/Vegetable
Banana

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 Kiwi Wedges

^ SPECIAL EVENT DAY
Lincoln (*Pizza*)
Mann (*Sandwich*)
Edison (*Pick Up Stix*)
Muir (*Pick Up Stix*)

Friday 4/5
Daily Side of Fruit/Vegetable
Tater Tots

ENTRÉE - CHOICE OF:
Oven Baked Chicken Drumstick w/Roll

* Bean and Cheese Pupusa

Turkey and Cheese Sandwich

* Low Fat Strawberry-Banana Yogurt and Roll

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

^ SPECIAL EVENT DAY
Valley View (*BBQ*)

Monday 4/8
Daily Side of Fruit/Vegetable
Apricot Cup

ENTRÉE - CHOICE OF:
Mini Chicken Corn Dogs

* Mac and Cheese w/Goldfish Crackers

* 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 (*Pizza*)

Tuesday 4/9
Daily Side of Fruit/Vegetable
Baked French Fries

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
Mountain Avenue (*Pizza*)
La Crescenta (*Sandwich*)
Franklin (*BBQ*)

Wednesday 4/10
Daily Side of Fruit/Vegetable
Diced Carrots

ENTRÉE - CHOICE OF:
Chicken Nuggets w/Roll

* Spicy Bean and Cheese Burrito

Turkey and Cheese on Oat Dusted Bun

* Low Fat Peach Yogurt and Roll

GARDEN BAR
Green Salad w/Romaine Lettuce, Diced Pears, Jicama Sticks, Garbanzo Beans, Pears and *Fruit Salad*

^ SPECIAL EVENT DAY
Dunsmore (*Pizza*)
Fremont (*BBQ*)

Thursday 4/11
Daily Side of Fruit/Vegetable
Sliced Apples

ENTRÉE - CHOICE OF:
Pasta w/Beef Meatballs

* Bean and Cheese Pupusa

Tuna Salad on Romaine w/Egg and Roll

* Low Fat Peach Yogurt and Roll

GARDEN BAR
Green Salad w/Romaine Lettuce, Cucumber Coins, Salsa, Pinto Beans and Apricot Halves

^ SPECIAL EVENT DAY
Mann (*Pizza*)
Cerritos (*Sandwich*)
Glenoaks (*Pick Up Stix*)

Friday 4/12
Daily Side of Fruit/Vegetable
Corn Kernels

ENTRÉE - CHOICE OF:
Turkey Hot Dog on Bun

* Grilled Cheese Sandwich

Turkey Ham and Cheese Sandwich

* Low Fat Peach Yogurt and Roll

Buffalo Chicken Wings

GARDEN BAR
Green Salad w/Romaine Lettuce, Carrot Sticks, Pineapple Tidbits, Corn and Bean Confetti Salsa, and Red/Green Apples

^ SPECIAL EVENT DAY
Marshall (*Pizza*)
Balboa (*BBQ*)

Monday 4/15
Daily Side of Fruit/Vegetable
Raisins

ENTRÉE - CHOICE OF:
French Toast Sticks and Sausage Patties

* *Quesadilla*

* 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
Valley View (*Pizza*)

Tuesday 4/16
Daily Side of Fruit/Vegetable
Baby Carrots

ENTRÉE - CHOICE OF:
Cheese or Turkey Pepperoni Pizza

* Grilled Cheese Sandwich

Cesar Salad w/Chicken & W. C. Roll

* Low Fat Strawberry-Banana Yogurt and Roll

GARDEN BAR
Green Salad w/Romaine Lettuce, Cucumber Coins, Garbanzo Beans, Olives, Jalapenos, Mandarin Oranges and Fuji Apples

^ SPECIAL EVENT DAY
Keppel (*Pizza*)
Columbus (*Sandwich*)
R. D. White (*BBQ*)

Wednesday 4/17
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 Roll

* Low Fat Strawberry-Banana Yogurt and Roll

GARDEN BAR
Green Salad w/Romaine Lettuce, Pear Halves, Cherry Tomatoes, BBQ Beans, Tangerines and *Dragon Fruit*

^ SPECIAL EVENT DAY
Verdugo Woodlands (*Pizza*)
Jefferson (*BBQ*)

Thursday 4/18
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
Edison (*Pizza*)
Muir (*Sandwich*)
Lincoln (*Pick Up Stix*)
Monte Vista (*Pick Up Stix*)

Friday 4/19
Daily Side of Fruit/Vegetable
Mixed Berries Cup

ENTRÉE - CHOICE OF:
Fish Sticks

* 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*)
Marshall (*BBQ*)

Resubmitted for Lunch

<p>Monday 4/22 <u>Daily Side of Fruit/Vegetable</u> <i>Applesauce Cup</i></p> <p>ENTRÉE - CHOICE OF: Turkey Corn Dog</p> <p>* Mac and Cheese w/Goldfish Crackers * Soynut Butter and Jelly Sandwich * Low Fat Raspberry Yogurt and <i>Blueberry Muffin</i></p> <p>GARDEN BAR Green Salad w/Romaine Lettuce, Diced Peaches, Green Beans, Northern Beans and Dried Cranberries</p> <p>^ SPECIAL EVENT DAY Cerritos (<i>Pizza</i>)</p>	<p>Tuesday 4/23 <u>Daily Side of Fruit/Vegetable</u> <i>Sweet Potato Tater Tots</i></p> <p>ENTRÉE - CHOICE OF: Chicken Nuggets w/Roll</p> <p>* Spicy Bean and Cheese Burrito Asian Chicken Salad on Romaine w/Mandarin Oranges and Roll * Low Fat Raspberry Yogurt and Roll</p> <p>GARDEN BAR Green Salad w/Romaine Lettuce, Mandarin Oranges, Yellow Squash Sticks, Pinto Beans, Golden Delicious Apples and <i>Strawberries</i></p> <p>^ SPECIAL EVENT DAY R. D. White (<i>Pizza</i>) Dunsmore (<i>Sandwich</i>) Mann (<i>BBQ</i>)</p>	<p>Wednesday 4/24</p> <p style="text-align: center;"><i>Student Free Day</i></p> <p style="text-align: center;"></p>	<p>Thursday 4/25 <u>Daily Side of Fruit/Vegetable</u> <i>Dried Cranberries</i></p> <p>ENTRÉE - CHOICE OF: Sweet and Sour Chicken w/Brown Rice * Bean and Cheese Pupusa Tuna Salad on Romaine w/Egg and Roll * Low Fat Raspberry Yogurt and Roll * <i>Pasta Primavera</i></p> <p>GARDEN BAR Green Salad w/Romaine Lettuce, Baby Carrots, Northern Beans, Apricot Halves and Salsa</p> <p>^ SPECIAL EVENT DAY Jefferson (<i>Pizza</i>)</p>	<p>Friday 4/26 <u>Daily Side of Fruit/Vegetable</u> <i>Peach Cup</i></p> <p>ENTRÉE - CHOICE OF: BBQ Beef Rib on Hoagie Roll * Grilled Cheese Sandwich Turkey Ham and Cheese Sandwich * Low Fat Raspberry Yogurt and Roll <i>Special: W.G. Chocolate Chip Cookie</i></p> <p>GARDEN BAR Green Salad w/Romaine Lettuce, Zucchini Slices, Pinto Beans, Pineapple Tidbits and Red/Green Apples</p> <p>^ SPECIAL EVENT DAY Balboa (<i>Pizza</i>) Lincoln (<i>BBQ</i>)</p>
<p>Monday 4/29 <u>Daily Side of Fruit/Vegetable</u> <i>Diced Pears</i></p> <p>ENTRÉE - CHOICE OF: Chicken Soft Taco w/Flour Tortilla * Grilled Cheese Sandwich * Soynut Butter and Jelly Sandwich * Low Fat Strawberry-Banana Yogurt and Chocolate Chip Muffin</p> <p>GARDEN BAR Green Salad w/Romaine Lettuce, Sliced Peaches, Peas, Pinto Beans, Salsa and Dried Cranberries</p> <p>^ SPECIAL EVENT DAY Muir (<i>Pizza</i>)</p>	<p>Tuesday 4/30 <u>Daily Side of Fruit/Vegetable</u> <i>Baby Carrots</i></p> <p>ENTRÉE - CHOICE OF: Cheese or Turkey Pepperoni Pizza * Grilled Bean and Cheese Burrito Chicken Salad on Romaine w/Dried Cranberries and Roll * Low Fat Strawberry-Banana Yogurt and Roll</p> <p>GARDEN BAR Green Salad w/Romaine Lettuce, Cucumber Coins, BBQ Beans, Olives, Jalapenos, Mandarin Oranges and Fuji Apples</p> <p>^ SPECIAL EVENT DAY Monte Vista (<i>Pizza</i>) Verdugo Woodlands (<i>Sandwich</i>) La Crescenta (<i>BBQ</i>)</p>	<p>Wednesday 5/1 <u>Daily Side of Fruit/Vegetable</u> <i>Baby Carrots</i></p> <p>ENTRÉE - CHOICE OF: Chicken Patty on Sesame Seed Bun * Ravioli w/Marinara Sauce <i>Turkey Ham and Cheese on French Roll</i> * Low Fat Strawberry-Banana Yogurt and Roll</p> <p>GARDEN BAR Green Salad w/Romaine Lettuce, Pear Halves, Pinto Beans, Corn Kernels and Grapes</p> <p>^ SPECIAL EVENT DAY Mountain Avenue (<i>Pizza</i>) Balboa (<i>BBQ</i>)</p>	<p>Thursday 5/2 <u>Daily Side of Fruit/Vegetable</u> <i>Banana</i></p> <p>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</p> <p>GARDEN BAR Green Salad w/Romaine Lettuce, Cherry Tomatoes, Applesauce, BBQ Beans and Kiwi Wedges</p> <p>^ SPECIAL EVENT DAY Verdugo Woodlands (<i>Pizza</i>) Edison (<i>Sandwich</i>) Dunsmore (<i>Pick Up Stix</i>) R. D. White (<i>Pick Up Stix</i>)</p>	<p>Friday 5/3 <u>Daily Side of Fruit/Vegetable</u> <i>Tater Tots</i></p> <p>ENTRÉE - CHOICE OF: Oven Baked Chicken Drumstick w/Roll * Bean and Cheese Pupusa Turkey and Cheese Sandwich * Low Fat Strawberry-Banana Yogurt and Roll</p> <p>GARDEN BAR Green Salad w/Romaine Lettuce, Broccoli Florets, Corn and Bean Confetti Salsa, Apricot Halves, Red/Green Apples and Bananas</p> <p>^ SPECIAL EVENT DAY Monte Vista (<i>Pizza</i>) Columbus (<i>BBQ</i>)</p>



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Nutritional Analysis

LUNCH AVERAGE	
Calories	623
Protein (g)	20
Total Fat (%)	25
Saturated Fat (%)	7
Sodium (mg)	1105
Iron (mg)	3
Calcium (mg)	5

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

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

Breakfast Offered Daily

- *String Cheese +
- * Choice of Whole Grain Reduced Sugar Cereal:
 - Cocoa Puffs
 - Froot Loop
 - Apple Jacks
 - Cerritos
- * Choice of Breakfast Bar
 - Banana Chocolate
 - Oatmeal Chocolate Chip

Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12	Monday 4/15	Tuesday 4/16	Wednesday 4/17	Thursday 4/18	Friday 4/19
* Choice of Breakfast Bars * Choice of Cereals + String Cheese Bean and Cheese Burrito Strawberry Yogurt and Chocolate Granola Sliced Peaches	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Bagel w/Cream Cheese Strawberry Yogurt and Chocolate Granola Mandarin Oranges	* Choice of Breakfast Bars * Choice of Cereals + String Cheese English Muffin, Ham, Egg and Cheese Sandwich Strawberry Yogurt and Chocolate Granola Diced Pears	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Grilled Cheese Sandwich Strawberry Yogurt and Chocolate Granola Banana	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Crumb Cake w/String Cheese Strawberry Yogurt and Chocolate Granola Pineapple Tidbits	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Cinnamon Roll Strawberry Yogurt and Chocolate Granola Dried Cranberries	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Bagel w/Cream Cheese Strawberry Yogurt and Chocolate Granola Fuji Apple	* Choice of Breakfast Bars * Choice of Cereals + String Cheese English Muffin Egg and Cheese Sandwich Strawberry Yogurt and Chocolate Granola Pear Halves	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Pancakes and Turkey Bacon Strawberry Yogurt and Chocolate Granola Applesauce Cup	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Yogurt Parfait Strawberry Yogurt and Chocolate Granola Apricot Halves
Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26	Monday 4/29	Tuesday 4/30	Wednesday 5/1	Thursday 5/2	Friday 5/3
* Choice of Breakfast Bars * Choice of Cereals + String Cheese Bean and Cheese Burrito Strawberry Yogurt and Strawberry Granola Diced Peaches	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Bagel w/Cream Cheese Strawberry Yogurt and Strawberry Granola Mandarin Oranges	<i>Student Free Day</i> 	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Grilled Cheese Sandwich Strawberry Yogurt and Strawberry Granola Banana	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Crumb Cake w/String Cheese Strawberry Yogurt and Strawberry Granola Pineapple Tidbits	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Cinnamon Roll Strawberry Yogurt and Chocolate Granola Dried Cranberries	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Bagel w/Cream Cheese Strawberry Yogurt and Chocolate Granola Fuji Apple	* Choice of Breakfast Bars * Choice of Cereals + String Cheese English Muffin Egg and Cheese Sandwich Strawberry Yogurt and Chocolate Granola Pear Halves	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Pancakes and Turkey Bacon Strawberry Yogurt and Chocolate Granola Applesauce Cup	* Choice of Breakfast Bars * Choice of Cereals + String Cheese Yogurt Parfait Strawberry Yogurt and Chocolate Granola Apricot Halves

