



# Glendale Unified School District

## Elementary Seamless Summer Option Menu - June 2022



### Special Events Day

#### Domino's Pizza

Special Recipe: Whole grain crust, low-sodium/low-fat cheese, low-sodium tomato sauce and turkey pepperoni

#### Subway

Fresh cheese or turkey cold cuts sandwiches with lettuce

Fresh roasted chicken sandwiches with cheese and lettuce

#### Group A

- Cerritos Elementary School
- Cloud Preschool
- College View School
- Fremont Elementary School
- Jefferson Elementary School
- Keppel Elementary School
- Lincoln Elementary School
- Mann Elementary School
- Pacific Park
- Maple Park

#### Group B

- Columbus Elementary School
- Dunsmore Elementary School
- Marshall Elementary School
- Pacific Avenue Education Center
- R. D. White Elementary School



**IMPORTANT CHILD NUTRITION UPDATE! FOR GLENDALE USD**  
 We are experiencing nationwide food shortages and/or last minute ingredient and menu item replacements from our vendors and distributors.  
 We will do our best to offer the menued item but, menus are subject to change. We appreciate your patience and understanding.

Tuesday 6/14

**Breakfast**

Sack Lunch

Bagel with Cream Cheese

Applesauce Cup

\*Choice of Fruit Juice

Milk

**Lunch**

Sack Lunch

Turkey and Cheese Lunch Kit

Strawberry Cup

Tropical Twist Vegetable Juice

Milk

Wednesday 6/15

**Breakfast**

Entree Choice of:

Breakfast Pizza

\* Choice of Breakfast Bars

Banana

\*Choice of Fruit Juice

Milk

**Lunch**

Entree Choice of:

Hamburger or Cheeseburger

\* Grilled Cheese Sandwich

\* Low Fat Yogurt and Roll

Nectarine

Tater Tots

Celery Sticks

Shredded Lettuce and Pickles

Milk

Thursday 6/16

**Breakfast**

Entree Choice of:

Crumb Cake

\* Choice of Breakfast Bars

Diced Pears

\*Choice of Fruit Juice

Milk

**Lunch**

Entree Choice of:

Chicken Taquitos

\* Bean and Cheese Pupusas

\* Low Fat Yogurt and Roll

Plum

Salsa Cup

Green Salad

Milk

Friday 6/17

**Breakfast**

Entree Choice of:

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

\* Choice of Breakfast Bars

Nectarine

\*Choice of Fruit Juice

Milk

**Lunch**

Entree Choice of:

Oven Baked Drumstick with Pretzel

\* Soynut and Butter Sandwich

\* Low Fat Yogurt and Roll

Strawberries

Baby Carrots

Broccoli Florets

Milk

#### MEAL PRICES

BREAKFAST	
Student:	No Charge
Full Pay	No Charge
Reduced	\$1.25
Second Breakfast:	\$1.25
Adult:	\$2.00

LUNCH	
Student:	No Charge
Full Pay	No Charge
Reduced	\$2.75
Second Lunch:	\$2.75
Adult:	\$3.50

A LA CARTE SALES	
Fruit, Milk, or Juice	\$0.50
Bottled Water	\$1.00



Monday 6/20

**Breakfast**

Entree Choice of:

Pancake and Sausage on a Stick

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Mixed Fruit

\*Choice of Fruit Juice

Milk

**Lunch**

Entree Choice of:

French Toast Sticks and Chicken Sausage Patty

\* Bean and Cheese Burrito

\* Low Fat Yogurt and Roll

Dried Cranberries

Diced Carrots

Green Peas

Milk

Tuesday 6/21

**Breakfast**

Entree Choice of:

Blueberry Muffin

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Diced Apricots

\*Choice of Fruit Juice

Milk

**Lunch**

Entree Choice of:

Chicken Nuggets with Goldfish Crackers

\* Soynut and Butter Sandwich

\* Low Fat Yogurt and Roll

Sliced Apples

Corn Kernels

Green Salad

Milk

Wednesday 6/22

**Breakfast**

Entree Choice of:

Breakfast Pizza

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Banana

\*Choice of Fruit Juice

Milk

**Lunch**

Entree Choice of:

Turkey Hot Dog on Bun

\* Bean and Cheese Burrito

\* Low Fat Yogurt and Roll

Peach

BBQ Beans

Broccoli Florets

Milk

Thursday 6/23

**Breakfast**

Entree Choice of:

French Toast Sticks

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Sliced Pears

\*Choice of Fruit Juice

Milk

**Lunch**

Entree Choice of:

Fish and Chips (Potato Oven Fries)

\* Mozzarella Sticks with Marinara Sauce

\* Low Fat Yogurt and Roll

Grapes

Celery Sticks

Milk

Friday 6/24

**Breakfast**

Entree Choice of:

Mini Maple Waffles

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Peach

\*Choice of Fruit Juice

Milk

**Lunch**

Entree Choice of:

Group A \* Domino's Pepperoni Pizza

Group B Subway Chicken Sandwich

Group A \* Domino's Cheese Pizza

Group B \* Subway Veggie Sandwich

Group B \* Grilled Cheese Sandwich

\* Low Fat Yogurt and Roll

Watermelon

Baby Carrots

Mixed Vegetables

Milk

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

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 entree

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 pepperoni and cold cut items are made w/turkey.

MINIMUM DAYS: Sack lunch will be provided.

MENU SUBJECT TO CHANGE

Monday 6/27

### Breakfast

Entree Choice of:

Chocolate Chip Muffin

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Mixed Fruit

Milk

### Lunch

Entree Choice of:

Chicken Corn Dog

\* Grilled Cheese Sandwich

\* Low Fat Yogurt and Roll

Raisins

Green Peas

Diced Carrots

Milk

Tuesday 6/28

### Breakfast

Entree Choice of:

Bagel with Cream Cheese

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Sliced Peaches

Milk

### Lunch

Entree Choice of:

Oven Baked Drumstick with Pretzel

\* Soynut and Butter Sandwich

\* Low Fat Yogurt and Roll

Apple

Pinto Beans

Corn Kernels

Milk

Wednesday 6/29

### Breakfast

Entree Choice of:

Breakfast Pizza

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Banana

Milk

### Lunch

Entree Choice of:

Hamburger or Cheeseburger

\* Grilled Cheese Sandwich

\* Low Fat Yogurt and Roll

Nectarine

Tater Tots

Celery Sticks

Shredded Lettuce and Pickles

Milk

Thursday 6/30

### Breakfast

Entree Choice of:

Crumb Cake

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Diced Pears

Milk

### Lunch

Entree Choice of:

Chicken Taquitos

\* Bean and Cheese Pupusa

\* Low Fat Yogurt and Roll

Plum

Salsa Cup

Green Salad

Milk

Friday 7/1

### Breakfast

Entree Choice of:

Eggoji Waffles

\* Choice of Breakfast Bars

\* Choice of Whole Grain Low Sugar Breakfast Cereals and String Cheese

Nectarine

Milk

### Lunch

Entree Choice of:

**Group B** \* Dominos: Pepperoni Pizza

**Group A** \* Subway Chicken Sandwich

**Group B** \* Dominos: Cheese Pizza

**Group A** \* Subway Veggie Sandwich

**Group A** \* Grilled Cheese Sandwich

\* Low Fat Yogurt and Roll

Strawberries

Baby Carrots


Broccoli Florets

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


**Breakfast Offered Daily**

- \* Choice of Whole Grain Reduced Sugar Cereal and String Cheese:
  - Apple Jacks
  - Cheerios
  - Cocoa Puffs
  - Froot Loops
  - Trix
  - Cinnamon Toast Crunch




**Choice of Breakfast Bar:**

- Banana Chocolate
- Oatmeal Chocolate Chip




**Selections include:**

- Choice of Milk:
  - 1% Milk
  - Nonfat Chocolate Milk



**Choice of Juice:**

- Apple
- Orange
- Wild Berry




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](http://dpss.lacounty.gov) or call: (866) 613-3777

Menu Subject to Change

This institution is an equal opportunity provider