

## A LA CARTE

<b>Fruit</b> Seasonal fresh fruit	\$0.50
<b>Juice</b> 100% fruit, 4 oz.	\$0.50
<b>Milk</b> 1% white or nonfat chocolate, 8 oz.	\$0.50
<b>Baked Chips</b> Assorted baked chips	\$0.75
<b>Chocolate Chip Cookie</b> Freshly baked whole grain & low fat	\$1.00
<b>Bottled Water, 24 oz.</b>	\$1.00

*Available during Snack and Lunch service.*

## MEAL PRICES

	Breakfast	Lunch
Full Pay	\$1.25	\$2.75
Reduced	\$0.25	\$0.40
Adult	\$1.75	\$3.25

### \*\*\*Annual Payment\*\*\*

180 Breakfasts x \$1.25 = \$225.00
180 Reduced Breakfasts x \$0.25 = \$45.00
180 Lunches x \$2.75 = \$495.00
180 Reduced Lunches x \$0.40 = \$72.00

### \*\*\*Monthly Payment\*\*\*

20 Breakfasts x \$1.25 = \$25.00
20 Reduced Breakfasts x \$0.25 = \$5.00
20 Lunches x \$2.75 = \$55.00
20 Reduced Lunches x \$0.40 = \$8.00

**CHECK OR CASH PAYMENT** can be made in the cafeteria or mail check to:

Nutrition Services Department  
349A W. Magnolia Ave.  
Glendale, CA 91204

**ONLINE PAYMENTS:** [www.ezschoollpay.com](http://www.ezschoollpay.com)

Remaining balances will carry over to the following school year.

For more information, please visit the GUSD Nutrition Services Department website at

[www.gusd.net/nutritionservices](http://www.gusd.net/nutritionservices)

GLENDALE UNIFIED SCHOOL DISTRICT



## BREAKFAST & LUNCH MENU 2018 - 2019

### ROSEMONT MIDDLE SCHOOL

4725 Rosemont Avenue  
La Crescenta, CA 91214  
Phone: (818) 248-4224  
Cafeteria: (818) 248-2422



## BREAKFAST & SNACK

### Bagel w/Cream Cheese

Blueberry, Cinnamon Raisin or Plain

### Breakfast Bar

Apple Cinnamon, Banana Chocolate or Chocolate Chip

### Breakfast Burrito

Bean & Cheese or House Special

### Breakfast Sausage Pizza

### Cereal Bowl & String Cheese

Apple Jacks, Cheerios, Cocoa Puffs, Frosted Flakes, or Froot Loops

### Cinnamon Crumb Square

### Cinnamon Roll

### Cinnamon Toast w/String Cheese

### Double Chocolate Chip Muffin

**English Muffin Egg Sandwich** w/Canadian Bacon, Egg & Cheese

### Yogurt Parfait w/Fruit & Granola

*Breakfast served with ½ cup vegetables or fruit.  
Offered with hash browns & milk (1% white or nonfat chocolate).*

## MEAL SERVICE SCHEDULE

### Breakfast

7:30 a.m. - 8:00 a.m.

### Snack

9:59 a.m. - 10:19 a.m.

### Lunch

12:18 p.m. - 12:49 p.m.

## DAILY LUNCH SPECIALS

### Chicken Patty Sandwich

Spicy or Regular

### Deli Sandwich & Chips

Ham & Cheese, Ham and Turkey, Tuna or Turkey & Cheese

### Grilled Chicken Salad w/Roll

### Hamburger

### Nacho Plate

Taco Meat, Cheese Sauce & Corn Tortilla Chips

### Panini Sandwich w/Chips

Cheese, Turkey & Cheese or Turkey Ham & Cheese

### Pizza

Cheese, Hawaiian, Pepperoni or Veggie

### Trail Runner Pack

Dried Cranberries, Muffin, String Cheese, Sunflower Seeds & Yogurt

### Vegetarian Plate

Double Chocolate Chip Muffin, Fruit, String Cheese & Yogurt

### Bacon Hamburger

### Bacon Cheeseburger

### Hot Dog

### Veggie Burger

*Served with ½ cup vegetables or fruit.  
Offered with milk (1% white or nonfat chocolate).*

## THEME BARS

### MONDAY - Fajita

Chicken Fajita w/Tortilla or Tostada, Black or Pinto Beans, Shredded Cheese & Spanish Rice

### TUESDAY - Taco

Seasoned Ground Beef w/Tortilla or Tortilla Chips, Black or Pinto Beans, Shredded Cheese & Spanish Rice

### WEDNESDAY - Buffalo Chicken or Nuggets

Buffalo Chicken or Chicken Nuggets w/Mashed Potatoes, Corn Kernels & Roll

### THURSDAY - Pasta

Spaghetti with Meat Sauce & Roll

### FRIDAY - Asian Bar

Chicken Teriyaki or Mandarin Orange Chicken or Teriyaki Beef Dunkers w/Chow Mein or Brown Rice

*Served with ½ cup vegetables or fruit.  
Offered with milk (1% white or nonfat chocolate).*

## MANAGER'S SPECIAL

### MONDAY

BBQ Beef Rib on Hoagie Roll or Pizza Hut (Cheese or Pepperoni)

### TUESDAY

Edamame Kung Pao Chicken w/Brown Rice or Lavash Wrap (Southwest, or Turkey Cranberry w/Cream Cheese) w/Baked Chips or Falafel

### WEDNESDAY

Mandarin Orange Chicken w/Chow Mein

### THURSDAY

Baked Drumstick w/Roll, or Lavash Wrap (Tuna, Southwest, or Turkey Cranberry w/Cream Cheese) w/Baked Chips or Falafel or Pizza Hut (Cheese or Pepperoni)

### FRIDAY

Fish Sticks

*Served with ½ cup vegetables or fruit.  
Offered with milk (1% white or nonfat chocolate).*

- ✓ A complete meal includes 3 of the 5 Food Groups.
  - **Group 1:** Vegetables, **Group 2:** Fruit, **Group 3:** Grains, **Group 4:** Protein, **Group 5:** Milk.
  - Group 3 and 4 are combined to make Entrées such as Sandwiches, Burritos, Pizzas, and Hamburgers. All you need is a ½ cup vegetable and/or fruit to make it a complete meal.
- ✓ **ALL MEALS MUST INCLUDE A MINIMUM OF ½ CUP VEGETABLES AND/OR ½ CUP FRUIT.**
- ✓ Additional Vegetables and Fruit are offered daily.