



# Glendale Unified School District

## Elementary School Menu

### January 2016



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

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

(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

### MEAL PRICES

**LUNCH**

**STUDENTS:**

Full Pay = \$2.50

Reduced = \$0.40

**ADULT:**

\$2.75

**BREAKFAST**

**STUDENT:**

Full Pay = \$1.25

Reduced = \$0.25

**ADULT:**

\$1.50

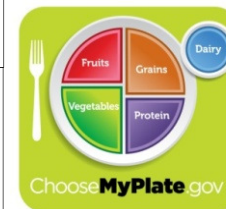
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### Nutritional Analysis

**LUNCH AVERAGE**

Calories	595
Iron (Mg)	3
Calcium (Mg)	526
Protein (G)	24
Total Fat (%)	32
Saturated Fat (%)	8



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\* Vegetarian entrée  
W.G. = Whole Grain

Monday 1/4	Tuesday 1/5	Wednesday 1/6	Thursday 1/7	Friday 1/8
<b>Winter Recess</b>	<b>Winter Recess</b>	<b>Winter Recess</b>	<b>Winter Recess</b>	<b>Winter Recess</b>
<b>Monday 1/11</b> <u>Daily Side of Fruit/Vegetable</u> <i>Apricot Cup</i> 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  <b>GARDEN BAR</b> Green Salad w/Romaine & Spinach, Beets, Northern Beans, Sliced Peaches, & Raisins  <b>^ SPECIAL EVENT DAY</b> Verdugo Woodlands ( <i>Pizza</i> )	<b>Tuesday 1/12</b> <u>Daily Side of Fruit/Vegetable</u> <i>Carrot Coins</i> White Meat Chicken Nuggets w/W.G. Roll * Black Bean & Cheese Burrito Asian Chicken Salad on Romaine, w/Mandarin Oranges & W.G. Roll * Low Fat Peach Yogurt & W.G. Roll  <b>GARDEN BAR</b> Green Salad w/Romaine & Spinach, BBQ Beans, Zucchini Slices, Mandarin Oranges, & Granny Smith Apples  <b>^ SPECIAL EVENT DAY</b> Edison ( <i>Pizza</i> ) Mann ( <i>Sandwich</i> ) Marshall ( <i>BBQ</i> )	<b>Wednesday 1/13</b> <u>Daily Side of Fruit/Vegetable</u> <i>Potato Rounds</i> Hamburger or Cheeseburger on W.G. Bun * Southwest Veggie Quesadilla Turkey Ham & Cheese on W.G. * Low Fat Peach Yogurt & W.G. Roll  <b>GARDEN BAR</b> Green Salad w/Romaine & Spinach, Pickles, Carrot Sticks, Shredded Lettuce, Diced Peas, & Tangerines  <b>^ SPECIAL EVENT DAY</b> Jefferson ( <i>Pizza</i> ) Keppel ( <i>BBQ</i> )	<b>Thursday 1/14</b> <u>Daily Side of Fruit/Vegetable</u> <i>Sliced Apples</i> 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  <b>GARDEN BAR</b> Green Salad w/Romaine & Spinach, Cucumber Coins, Corn & Bean Confetti Salsa, Apricot Halves, & Bananas  <b>^ SPECIAL EVENT DAY</b> Glenoaks ( <i>Pizza</i> ) Cerritos ( <i>Sandwich</i> )	<b>Friday 1/15</b> <u>Daily Side of Fruit/Vegetable</u> <i>Corn Kernels</i> Turkey Hot Dog on W.G. Bun * Hot Grilled Cheese Sandwich Turkey & Cheese Sandwich on W.G. * Low Fat Peach Yogurt & W.G. Roll  <b>GARDEN BAR</b> Green Salad w/Romaine & Spinach, Celery Sticks, Pineapple Tidbits, Kidney Beans, Red/Green Apples, & Bananas  <b>^ SPECIAL EVENT DAY</b> Monte Vista ( <i>Pizza</i> ) Valley View ( <i>BBQ</i> )
<b>Monday 1/4</b> <u>Daily Side of Fruit/Vegetable</u> <i>Sliced Pears</i> Chicken Soft Taco w/W.G. Tortilla * Bean & Cheese Pupusa Turkey & Cheese Sandwich on W.G. French Roll * Low Fat Strawberry-Banana Yogurt & W.G. Double Chocolate Chip Muffin  <b>GARDEN BAR</b> Beets, Peas, Salsa, Pinto Beans, Sliced Peaches, & Dried Cranberries  <b>^ SPECIAL EVENT DAY</b> Columbus ( <i>Pizza</i> )	<b>Tuesday 1/5</b> <u>Daily Side of Fruit/Vegetable</u> <i>Baby Carrots</i> Oven Baked Chicken w/W.G. Roll * Ravioli w/Marinara Sauce Turkey & Cheese Sandwich on W.G. * Low Fat Strawberry-Banana Yogurt & W.G. Roll  <b>GARDEN BAR</b> Green Salad w/Romaine & Spinach, Corn Kernels, Kidney Beans, Apricot Halves, & Fuji Apples  <b>^ SPECIAL EVENT DAY</b> Mountain Avenue ( <i>Pizza</i> ) Fremont ( <i>BBQ</i> )	<b>Wednesday 1/6</b> <u>Daily Side of Fruit/Vegetable</u> <i>Sliced Apples</i> 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  <b>GARDEN BAR</b> Green Salad w/Romaine & Spinach, Cucumber Coins, Corn & Bean Confetti Salsa, Apricot Halves, & Bananas  <b>^ SPECIAL EVENT DAY</b> Glenoaks ( <i>Pizza</i> ) Cerritos ( <i>Sandwich</i> )	<b>Thursday 1/7</b> <u>Daily Side of Fruit/Vegetable</u> <i>Baby Carrots</i> Oven Baked Chicken w/W.G. Roll * Ravioli w/Marinara Sauce Turkey & Cheese Sandwich on W.G. * Low Fat Strawberry-Banana Yogurt & W.G. Roll  <b>GARDEN BAR</b> Green Salad w/Romaine & Spinach, Corn Kernels, Kidney Beans, Apricot Halves, & Fuji Apples  <b>^ SPECIAL EVENT DAY</b> Mountain Avenue ( <i>Pizza</i> ) Fremont ( <i>BBQ</i> )	<b>Friday 1/8</b> <u>Daily Side of Fruit/Vegetable</u> <i>Corn Kernels</i> Turkey Hot Dog on W.G. Bun * Hot Grilled Cheese Sandwich Turkey & Cheese Sandwich on W.G. * Low Fat Peach Yogurt & W.G. Roll  <b>GARDEN BAR</b> Green Salad w/Romaine & Spinach, Celery Sticks, Pineapple Tidbits, Kidney Beans, Red/Green Apples, & Bananas  <b>^ SPECIAL EVENT DAY</b> Monte Vista ( <i>Pizza</i> ) Valley View ( <i>BBQ</i> )

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

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# Dr. Martin Luther King, Jr. Day

<p>Monday 1/18</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Raisins</i></p> <p>Pancakes &amp; Sausage Patties * Bean &amp; Cheese Pupusa</p> <p>Turkey &amp; Cheese Sandwich on W.G. French Roll * Low Fat Strawberry-Banana Yogurt &amp; W.G. Double Chocolate Chip Muffin</p> <p><b>GARDEN BAR</b> Beets, Peas, Pinto Beans, Salsa, Sliced Peaches, &amp; Dried Cranberries</p> <p>^ <b>SPECIAL EVENT DAY</b> Balboa (<i>Pizza</i>)</p>	<p>Tuesday 1/19</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Baby Carrots</i></p> <p>Cheese or Pepperoni Pizza * Hot Grilled Cheese Sandwich</p> <p>Spinach Salad w/Chicken &amp; Dried Cranberries w/W.G. Roll * Low Fat Strawberry-Banana Yogurt &amp; W.G. Roll</p> <p><b>GARDEN BAR</b> Green Salad w/Romaine &amp; Spinach, Olives, Jalapenos, Cucumber Coins, BBQ Beans, Mandarin Oranges, &amp; Fuji Apples</p> <p>^ <b>SPECIAL EVENT DAY</b> Lincoln (<i>Pizza</i>) Muir (<i>BBQ</i>)</p>	<p>Wednesday 1/20</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Potato Rounds</i></p> <p>Chicken Patty on W.G. Bun * Bean &amp; Cheese Burrito</p> <p>Turkey Ham &amp; Cheese on W.G. * Low Fat Strawberry-Banana Yogurt &amp; W.G. Roll</p> <p><b>GARDEN BAR</b> Green Salad w/Romaine &amp; Spinach, Applesauce, Cherry Tomatoes, Garbanzo Beans, &amp; Pears</p> <p>^ <b>SPECIAL EVENT DAY</b> R.D. White (<i>Pizza</i>) Dunsmore (<i>Sandwich</i>)</p>	<p>Friday 1/22</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Celery Sticks</i></p> <p>Oven Baked Chicken w/W.G. Roll * Macaroni w/Shredded Cheese &amp; Marinara Sauce w/W.G. Roll</p> <p>Turkey &amp; Cheese Sandwich on W.G. * Low Fat Strawberry-Banana Yogurt &amp; W.G. Roll</p> <p><b>GARDEN BAR</b> Green Salad w/Romaine &amp; Spinach, Kidney Beans, Carrot Sticks, Apricot Halves, Red/Green Apples, &amp; Bananas</p> <p>^ <b>SPECIAL EVENT DAY</b> La Crescenta (<i>Pizza</i>) Mountain Avenue (<i>BBQ</i>)</p>	
<p>Monday 1/25</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Applesauce Cup</i></p> <p>Turkey Corn Dog * W.G. Mac &amp; Cheese w/W.G. Goldfish Crackers Turkey &amp; Cheese Sandwich on W.G. * Low Fat Raspberry Yogurt &amp; W.G. Double Chocolate Chip Muffin</p> <p><b>GARDEN BAR</b> Green Salad w/Romaine &amp; Spinach, Diced Peaches, Green Beans, Northern Beans, &amp; Raisins</p> <p>^ <b>SPECIAL EVENT DAY</b> Valley View (<i>Pizza</i>)</p>	<p>Tuesday 1/26</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Corn Kernels</i></p> <p>White Meat Chicken Nuggets w/W.G. Roll * Black Bean &amp; Cheese Burrito</p> <p>Asian Chicken Salad on Romaine, w/Mandarin Oranges &amp; W.G. Roll * Low Fat Raspberry Yogurt &amp; W.G. Roll</p> <p><b>GARDEN BAR</b> Green Salad w/Romaine &amp; Spinach, BBQ Beans, Yellow Squash Sticks, Mandarin Oranges, &amp; Golden Delicious Apples</p> <p>^ <b>SPECIAL EVENT DAY</b> Monte Vista (<i>Sandwich</i>) Edison (<i>BBQ</i>)</p>	<p>Wednesday 1/27</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Sliced Peaches</i></p> <p>Beef &amp; Turkey Taco w/W.G. Tortilla * French Bread Cheese Pizza Turkey Ham &amp; Cheese on W.G. * Low Fat Raspberry Yogurt &amp; W.G. Roll</p> <p><b>GARDEN BAR</b> Green Salad w/Romaine &amp; Spinach, Salsa, Jicama Sticks, Pinto Beans, Pear Halves, &amp; Green Grapes</p> <p>^ <b>SPECIAL EVENT DAY</b> Mann (<i>Pizza</i>) Columbus (<i>BBQ</i>)</p>	<p>Thursday 1/28</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Dried Cranberries</i></p> <p>Sweet &amp; Sour Chicken w/Brown Rice * Southwest Veggie Quesadilla Tuna Salad w/Romaine, Egg, &amp; W.G. Roll * Low Fat Raspberry Yogurt &amp; W.G. Roll</p> <p><b>GARDEN BAR</b> Green Salad w/Romaine &amp; Spinach, Zucchini Slices, Corn &amp; Bean Confetti Salsa, Apricot Halves, &amp; Bananas</p> <p>^ <b>SPECIAL EVENT DAY</b> Fremont (<i>Pizza</i>) Glenoaks (<i>Sandwich</i>)</p>	<p>Friday 1/29</p> <p><u>Daily Side of Fruit/Vegetable</u> <i>Sweet Potato Tater Puffs</i></p> <p>Fish Fillet &amp; Cheese on W.G. Bun * Hot Grilled Cheese Sandwich Turkey &amp; Cheese Sandwich on W.G. * Low Fat Raspberry Yogurt &amp; W.G. Roll</p> <p><b>GARDEN BAR</b> Green Salad w/Romaine &amp; Spinach, Baby Carrots, Pineapple Tidbits, Kidney Beans, Red/Green Apples, &amp; Bananas</p> <p>^ <b>SPECIAL EVENT DAY</b> Keppel (<i>Pizza</i>) Jefferson (<i>BBQ</i>)</p>

**Nutritional Analysis**

BREAKFAST AVERAGE

Calories	352
Iron (Mg)	35
Calcium (Mg)	442
Protein (G)	15
Total Fat (%)	32
Saturated Fat (%)	5

**Breakfast Offered Daily**

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

\*Choice of Breakfast Bar:  
- Banana Chocolate  
- Oatmeal Chocolate Chip

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

# BREAKFAST



**FRIDAY 1/1**  
*Winter Recess*

<p><b>MONDAY 1/4</b></p> <p><i>Winter Recess</i></p>	<p><b>TUESDAY 1/5</b></p> <p><i>Winter Recess</i></p>	<p><b>WEDNESDAY 1/6</b></p> <p><i>Winter Recess</i></p>	<p><b>THURSDAY 1/7</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>Pizza Bagel</p> <p>Strawberry Yogurt &amp; Chocolate Granola</p> <p>Raisins</p>	<p><b>FRIDAY 1/8</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>W.G. Cinnamon Roll</p> <p>Strawberry Yogurt &amp; Chocolate Granola</p> <p>Apricot Halves</p>	<p><b>MONDAY 1/11</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>Bean &amp; Cheese Burrito</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Sliced Peaches</p>	<p><b>TUESDAY 1/12</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>W.G. Bagel w/Cream Cheese</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Mandarin Oranges</p>	<p><b>WEDNESDAY 1/13</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>English Muffin Turkey Ham, Egg, &amp; Cheese Sandwich</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Diced Pears</p>	<p><b>THURSDAY 1/14</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>Grilled Cheese Sandwich</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Bananas</p>	<p><b>FRIDAY 1/15</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>W.G. Crumb Cake w/String Cheese</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Apples</p>
<p><b>MONDAY 1/18</b></p> <p><i>Dr. Martin Luther King, Jr. Day</i></p>	<p><b>TUESDAY 1/19</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>Breakfast Pizza</p> <p>Strawberry Yogurt &amp; Chocolate Granola</p> <p>Dried Cranberries</p>	<p><b>WEDNESDAY 1/20</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>W.G. Bagel w/Cream Cheese</p> <p>Strawberry Yogurt &amp; Chocolate Granola</p> <p>Mandarin Oranges</p>	<p><b>THURSDAY 1/21</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>English Muffin Egg &amp; Cheese Sandwich</p> <p>Strawberry Yogurt &amp; Chocolate Granola</p> <p>Applesauce Cup</p>	<p><b>FRIDAY 1/22</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>W.G. Cinnamon Roll</p> <p>Strawberry Yogurt &amp; Chocolate Granola</p> <p>Apricot Halves</p>	<p><b>MONDAY 1/25</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>Bean &amp; Cheese Burrito</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Diced Peaches</p>	<p><b>TUESDAY 1/26</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>W.G. Bagel w/Cream Cheese</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Mandarin Oranges</p>	<p><b>WEDNESDAY 1/27</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>English Muffin Turkey Ham, Egg, &amp; Cheese Sandwich</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Pear Halves</p>	<p><b>THURSDAY 1/28</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>Grilled Cheese Sandwich</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Apricot Halves</p>	<p><b>FRIDAY 1/29</b></p> <p>* Choice of Breakfast Bars * Choice of Cereals + String Cheese</p> <p>W.G. Crumb Cake w/String Cheese</p> <p>Strawberry Yogurt &amp; Strawberry Granola</p> <p>Pineapple Tidbits</p>