

# Elementary School Lunch Menu

## February 2012



www.ggusd.us  
Food Services



Student Price: \$1.50  
Reduced Price: \$0.40  
Adult/Sibling: \$2.50  
Student Milk: \$0.50  
Adult/Sibling Milk: \$0.55

All Meals are served with choices of Fresh Fruit and Vegetable Bar with produce from locally grown farms, 1% white Milk or Non-Fat Chocolate Milk.

# Broccoli

A 1/2 cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate. It is also a good source of fiber and a source of vitamin B6 (pyridoxine), riboflavin, and potassium. Broccoli is one of the most popular garden vegetables mostly because it is very easy to grow. Broccoli is a plant of the cabbage family, Brassicaceae, formerly known as Cruciferae. It is related to cabbage, cauliflower, kale, collard greens, and Brussels sprouts.









### Fresh Broccoli and Dip

- \* 2 cups fat free sour cream
  - \* 1 1/3 cups salsa
  - \* 3/4 cup chopped green onions
  - \* 2 teaspoons garlic salt
  - \* 8 cups broccoli, cut into small pieces
- Combine sour cream, salsa, green onion, and garlic salt in a bowl. Stir well. Place 1/4 cup broccoli on a plate. Serve with 2 tablespoons dip.

Makes 32 servings at 1/4 cup broccoli and 2 tablespoons dip.

\*\*Most grain products are either whole grain or 51% whole wheat.

\*Food contains pork  
Some foods may contain soy, for more information, please contact the Food Service Office.

		<p>1 Cheese or Pepperoni* French Bread Pizza</p>	<p>2 Beef Teriyaki Dippers with Steamed Long Grain White Rice</p>	<p>3 <b>NON STUDENT DAY</b></p> 
<p>6 Cheese or Pepperoni* Pizza Wedge</p>	<p>7 Grilled Cheese Sandwich or Beef Ravioli and Cheesy Bread Stick</p>	<p>8 Chicken Nuggets**  February B-Day Cake</p>	<p>9 Crunchy Beef Taco  Corn</p>	<p>10 BBQ Chicken Drum Stick with Mini Corn Bread  Tater Tots</p>
<p>13 <b>Lincoln's Birthday Holiday</b> </p>	<p>14 Cheese or Pepperoni* French Bread Pizza  Valentine Cookie</p>	<p>15 Breaded Chicken Patty Whole Wheat Bun** or Peanut Butter &amp; Jelly Uncrustables**</p>	<p>16 Cheesy Fish Slider on Whole Wheat Buns or Chicken Corn Dog**</p>	<p>17 Heart Shaped Chicken Nuggets** with Sweet Potato Bread  Carrots and Peas</p>
<p>20 <b>Presidents' Day Holiday</b> </p>	<p>21 Orange Flavored Chicken with Steamed Long Grain White Rice</p>	<p>22 Grilled Bean &amp; Cheese Burrito ** or Turkey Ham &amp; Cheese Sandwich** Homemade Cookie</p>	<p>23 Hamburger or Cheeseburger with Whole Wheat Bun**  Crisp Cut Sweet Potato</p>	<p>24 Cheese or Pepperoni* Pizza Wedge</p>
<p>27 Chicken Corn Dog** or Strawberry Banana Yogurt with Whole Grain Honey Belly Bear Crackers**</p>	<p>28 Teriyaki Chicken with Steamed Long Grain White Rice</p>	<p>29 Cheese or Pepperoni* French Bread Pizza</p>	