

Parkview Elementary School Lunch Menu

February 2012

Peanut Free



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 Teriyaki Dippers with Steamed Long Grain White Rice</p>	<p>3 NON STUDENT DAY </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 Lincoln's Birthday HOLIDAY </p>	<p>14 Cheese or Pepperoni* French Bread Pizza Valentine Cookie</p>	<p>15 Breaded Chicken Patty Whole Wheat Bun** or Grilled Cheese Sandwich</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 Presidents' Day HOLIDAY </p>	<p>21 Orange Flavored Chicken with Steamed Long Grain White Rice</p>	<p>22 Grilled Bean & Cheese Burrito** or Turkey Ham & Cheese Sandwich** Homemade Cookie</p>	<p>23 Hamburger or Cheeseburger with Whole Wheat Bun** Criss Cut Sweet Potato</p>	<p>24 Cheese or Pepperoni* Pizza Wedge</p>
<p>27 Chicken Corn Dog** or Strawberry Banana Yogurt 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>		

The USDA and the CDE are equal opportunity providers and employers

Menu is subject to Change