



www.GUSD.net  
Food Services Department

# Glendale Unified School District



www.gusd.net/foodservices

## Elementary School Menu FEBRUARY 2012

Menu planned by  
Ms. Jennifer Junge's & Mrs. Kristin Pardo's  
1st, 2nd and 3rd grade students from  
R.D. White Elementary School.



### Wednesday February 1

Ravioli w/ Meat Sauce  
\* Bean & Cheese Chalupa  
Taco Salad in 100% Baked Whole Wheat Bowl  
Ham & Cheese on Bagel  
(in lunch bag)

#### Choice of Entree + GARDEN BAR

Green Salad w/ Spinach, Mixed Vegetables, Garbanzo Beans (1/2 cup), Peaches, Banana, and Applesauce

DOMINO'S: Cerritos  
McDONALD'S: Balboa  
WIENERSCHNITZEL: Edison  
CALIFORNIA ROLLS: Monte Vista  
BBQ: Dunsmore

### Thursday February 2

\* Grilled Bean & Cheese Burrito in Whole Wheat Tortilla  
Oven Baked Whole Grain Chicken Nuggets  
Chinese Chicken Salad w/ Mandarin Oranges  
Turkey & Cheese Submarine Sandwich

#### Choice of Entree + GARDEN BAR

Green Salad w/ Spinach, Peas, Baby Carrots, Green Apples/Apple Slices, Orange Slices, Red Fruited Jello w/ Pears, and 1/2 Hard Boiled Egg

DOMINO'S: Glenoaks  
McDONALD'S: Jefferson  
WIENERSCHNITZEL: La Crescenta  
CALIFORNIA ROLLS: Fremont  
BBQ: Keppel

### Friday February 3

Sloppy Joe on Whole Wheat Bun  
\* Cheese or Pepperoni Pizza  
Tuna Salad in 100% Baked Whole Wheat Bowl  
Assorted Sandwiches

#### Choice of Entree + GARDEN BAR

Green Salad w/ Spinach, Corn Cobblettes, Cucumber Slices, Fresh Assorted Fruit, Pineapple, and Dried Fruit (1/2 cup)

DOMINO'S: Mann  
McDONALD'S: Lincoln  
WIENERSCHNITZEL: Mountain Avenue  
CALIFORNIA ROLLS: Edison  
BBQ: Monte Vista



### LUNCH

#### STUDENTS:

Full Pay = \$2.00  
Reduced = \$0.40

#### ADULTS:

\$2.75

### BREAKFAST

#### STUDENTS:

Full Pay = \$1.25  
Reduced = \$0.25

#### ADULTS:

\$1.50

You may also pay using our convenient on-line service:



Yogurt and our Garden Bar with produce from locally grown seasonal fruits & vegetables are offered daily as a main lunch entree.

Non-fat chocolate milk and 1% low-fat milk are offered at breakfast and lunch. Additional breakfast selections include assorted cold cereal, oatmeal and juice.

### Monday February 6

Waffle Sticks & Turkey Sausage Links  
\* Reduced-Fat Macaroni & Cheese  
Spinach Cranberry Salad w/ Chicken  
Ham & Cheese Deli Wrap

#### Choice of Entree + GARDEN BAR

Green Salad w/ Spinach, Green Beans, Baby Carrots, Strawberries, Peaches, Apple Slices w/ Cinnamon, and Juice

DOMINO'S: Valley View  
McDONALD'S: Muir  
WIENERSCHNITZEL: R.D. White

### Tuesday February 7

\* Hot Grilled Cheese Sandwich  
Orange Chicken & Brown Rice  
Chef Salad  
Turkey & Cheese on French Roll

#### Choice of Entree + GARDEN BAR

Green Salad w/ Spinach, Zucchini Sticks, Corn, Mixed Fruit, Tangerine, Pineapple, and 1/2 Hard Boiled Egg

DOMINO'S: Columbus  
McDONALD'S: Cerritos  
WIENERSCHNITZEL: Balboa  
CALIFORNIA ROLLS: Lincoln  
BBQ: R.D. White

### Wednesday February 8

\* Bean & Cheese Flautas  
Hamburger or Cheeseburger on Whole Wheat Bun  
Taco Salad in 100% Baked Whole Wheat Bowl  
Ham & Cheese on Bagel  
(in lunch bag)

#### Choice of Entree + GARDEN BAR

Green Salad w/ Spinach, Pinto Beans, Celery Sticks, Shredded Lettuce, Pickles, Banana, Pears, and Grapes

DOMINO'S: Jefferson  
McDONALD'S: Glenoaks  
WIENERSCHNITZEL: Fremont  
BBQ: Edison

### Thursday February 9

Turkey Corn Dog  
Whole Grain Spaghetti w/ \* Marinara or Meat Sauce  
Chinese Chicken Salad  
Turkey & Cheese Submarine Sandwich

#### Choice of Entree + GARDEN BAR

Green Salad w/ Spinach, Carrot Sticks, Harvest of the Month recipe: "Bodacious Broccoli Slaw", Peaches, Red Fruited Jello w/ Pears, and Kiwi

DOMINO'S: Marshall  
McDONALD'S: Mann  
WIENERSCHNITZEL: Monte Vista  
CALIFORNIA ROLLS: Valley View  
BBQ: La Crescenta

### Friday February 10

Oven Baked Breaded Chicken  
\* Cheese or Pepperoni Pizza  
Tuna Salad in 100% Baked Whole Wheat Bowl  
Assorted Sandwiches

#### Choice of Entree + GARDEN BAR

Green Salad w/ Spinach, Corn Cobblettes, Cucumber Slices, Fresh Assorted Fruit, Mixed Fruit, and Dried Fruit (1/2 cup)

DOMINO'S: Verdugo Woodlands  
McDONALD'S: Mann  
WIENERSCHNITZEL: Muir  
CALIFORNIA ROLLS: Balboa  
BBQ: Mountain Avenue

## HARVEST OF THE MONTH

For recipes visit:  
www.harvestofthemonth.com

# Broccoli



### Check out our Website!

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

Nutritional information on menu items are posted on the Health-e-living link.

Under Offer vs. Serve, ALL STUDENTS must select a MINIMUM of one Entree and one other menu item. A complete meal means a student must select one Entree, one side dish and a beverage including milk. Students may take a MAXIMUM of all 3 menu items.

\*  
Vegetarian  
Entree

## MINIMUM DAYS

### Sack Lunch will be provided

### NUTRITIONAL ANALYSIS LUNCH Average

Calories	685
Iron (Mg)	4
Calcium (Mg)	543
Protein (G)	28
Total Fat (%)	30 %
Saturated Fat (%)	9 %

SPECIAL EVENT DAYS!!! Our most popular days! If your child's school is scheduled for a Domino's Pizza Day, BBQ Day, California Roll Day, McDonald's Burger Day, or Wienerschnitzel's Chili Dog Day, these entrees will replace one of the main entree items offered that day. All main entrees are served with seasonal fruits and vegetables, choice of 1% low-fat milk or non-fat chocolate milk, and bread.

Food may contain soy.  
For more information call the Food Services office at (818) 552-2677.

MENU SUBJECT TO CHANGE

Monday  
February 13



LINCOLN'S  
DAY

Tuesday  
February 14

\* Cheese Enchilada  
Oven Baked Whole Grain  
Chicken Nuggets  
Chef Salad  
Turkey & Cheese on French Roll

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Baby Carrots,  
Red Kidney Beans, Pears, Grapes,  
and Juice

DOMINO'S: Monte Vista  
McDONALD'S: Columbus  
WIENERSCHNITZEL: Cerritos

Wednesday  
February 15

\* Whole Grain Bean & Cheese Wrap  
Chicken Fajita Soft Taco  
Taco Salad in 100% Baked Whole  
Wheat Bowl  
Ham & Cheese on Bagel  
(in lunch bag)

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Mixed Vegetables,  
Corn Cobettes, Pico de Gallo,  
Shredded Lettuce & Cheese, Peaches,  
Green Apples/Apple Smiles, and Applesauce

DOMINO'S: Dunsmore  
McDONALD'S: Fremont  
WIENERSCHNITZEL: Marshall  
CALIFORNIA ROLLS: Columbus  
BBQ: Franklin

Thursday  
February 16

\* Cheese & Green Chili Quesadilla  
Orange Chicken & Brown Rice  
Chinese Chicken Salad w/  
Mandarin Oranges  
Turkey & Cheese  
Submarine Sandwich

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Vegetarian Beans,  
Celery Sticks, Banana, Orange Smiles,  
Red Fruited Jello w/ Pears, and  
1/2 Hard Boiled Egg

DOMINO'S: Mountain Avenue  
McDONALD'S: Keppel  
WIENERSCHNITZEL: Jefferson  
CALIFORNIA ROLLS: Franklin  
BBQ: Balboa

Friday  
February 17

\* Cheese or Pepperoni  
French Bread Pizza  
Chicken Noodle Soup &  
1/2 Grilled Cheese Sandwich  
Tuna Salad in 100% Baked Whole  
Wheat Bowl  
Assorted Sandwiches

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Green Beans,  
Cucumber Slices, Fresh Assorted Fruit, Pineapple,  
and Dried Fruit (1/2 cup)

DOMINO'S: La Crescenta  
McDONALD'S: Monte Vista  
WIENERSCHNITZEL: Keppel  
CALIFORNIA ROLLS: Glenoaks  
BBQ: Mann

# BREAKFAST

**MONDAY**  
Turkey Sausage Link  
& Banana Mini  
Muffin  
Bagel with Cream  
Cheese  
Crumb Cake

**TUESDAY**  
Breakfast Pizza  
1 Waffle &  
Turkey Sausage Link  
"New" Sun Morning  
Mix-Ups

**WEDNESDAY**  
Bean & Cheese  
Burrito  
1 Hard Boiled Egg  
(cut in 1/2)  
& Turkey Sausage  
Link  
Whole Grain Pop  
Tart

**THURSDAY**  
Whole Wheat  
Cinnamon Roll  
Egg & Turkey  
Sausage Patty on  
Bagel  
Banana Chocolate  
Chunk Breakfast Bar

**FRIDAY**  
1 Pancake &  
Turkey Sausage Link  
Apple Cinnamon  
Breakfast Bar  
Crumb Cake

**WEEK OF:**  
February  
6 & 20, 2012



Monday  
February 20



WASHINGTON'S  
DAY

Tuesday  
February 21

\* Bean & Cheese Chalupa  
Hamburger Sliders  
on Wheat Bun  
Chef Salad  
Turkey & Cheese on French Roll

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Baby Carrots, Diced Beets,  
Pickles, Peaches, Fresh Pear, Grapes, and  
1/2 Hard Boiled Egg

DOMINO'S: Balboa  
McDONALD'S: Mountain Avenue  
WIENERSCHNITZEL: Columbus

Wednesday  
February 22

Chicken Patty on Wheat Bun  
\* Cheese or Pepperoni Pizza  
Taco Salad in 100% Baked Whole  
Wheat Bowl  
Ham & Cheese on Bagel  
(in lunch bag)

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Jicama Sticks,  
Mixed Vegetables, Strawberries, Orange Smiles,  
Red Apple Smiles, and  
Banana

DOMINO'S: Muir  
McDONALD'S: La Crescenta  
WIENERSCHNITZEL: Lincoln  
BBQ: Glenoaks

Thursday  
February 23

Crunchy or Soft Beef Taco  
\* Cheesy Mashed Potato Strips  
Chinese Chicken Salad  
Turkey & Cheese Submarine Sandwich

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Corn, Pinto Beans,  
Shredded Lettuce & Cheese, Pico de Gallo,  
Mixed Fruit, Banana, and  
Green Fruited Jello w/ Pears

DOMINO'S: Edison  
McDONALD'S: R.D. White  
WIENERSCHNITZEL: Valley View  
CALIFORNIA ROLLS: Dunsmore  
BBQ: Verdugo Woodlands

Friday  
February 24

Turkey Corn Dog  
\* Veggie Chow Mein w/  
Veggie Egg Rolls  
Tuna Salad in 100% Baked Whole  
Wheat Bowl  
Assorted Sandwiches

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Vegetarian Beans,  
Carrot Sticks/Coins, Pineapple, Fresh Assorted Fruit,  
and Dried Fruit (1/2 cup)

DOMINO'S: Lincoln  
McDONALD'S: Marshall  
WIENERSCHNITZEL: Glenoaks  
CALIFORNIA ROLLS: Keppel  
BBQ: Cerritos

**WEEK OF:**  
February  
13 & 27, 2012

**MONDAY**  
Grilled Cheese  
Sandwich  
1 Hard Boiled Egg  
(cut in 1/2)  
& Turkey Sausage  
Link  
Whole Wheat Pop Tart

**TUESDAY**  
Pizza Bagel  
Crumb Cake  
"New" Sun Morning  
Mix-Ups

**WEDNESDAY**  
1 Pancake &  
Turkey Sausage Link  
Banana Chocolate  
Chunk Breakfast Bar  
Bean & Cheese  
Burrito

**THURSDAY**  
Colby Cheese Egg  
Omelet & Turkey  
Sausage Patty  
Whole Wheat  
Cinnamon Roll

**FRIDAY**  
Egg & Turkey  
Sausage Patty with  
Cheese on English  
Muffin  
Bagel and Cream  
Cheese  
Apple Cinnamon  
Breakfast Bar

Monday  
February 27

Oven Baked Whole Grain  
Chicken Nuggets  
\* Reduced-Fat Whole Grain  
Macaroni & Cheese  
Spinach Cranberry Chicken Salad  
Ham & Cheese Deli Wrap

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach,  
Mixed Vegetables, Red Beets, Apples/Apple Smiles,  
Peaches, and Whole Fruit Cherry Juice Bar

DOMINO'S: Keppel  
McDONALD'S: Dunsmore  
WIENERSCHNITZEL: Mann

Tuesday  
February 28

\* Veggie Quesadilla  
Teriyaki Beef & Brown Rice  
Chef Salad  
Turkey & Cheese  
on French Roll

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Garbanzo Beans (1/2 cup),  
Baby Carrots, Mixed Fruit, Orange Smiles, and  
Pineapple

DOMINO'S: R.D. White  
McDONALD'S: Valley View  
CALIFORNIA ROLLS: Mann  
BBQ: Marshall

Wednesday  
February 29

Pancakes & Turkey Sausage Links  
\* Chili Cheese Pizza Wrap  
in Whole Wheat Tortilla  
Taco Salad in 100% Baked Whole  
Wheat Bowl  
Ham & Cheese on Bagel  
(in lunch bag)

**Choice of Entree + GARDEN BAR**  
Green Salad w/ Spinach, Corn, Zucchini Slices,  
Pears, Strawberries,  
and Banana

DOMINO'S: Fremont  
McDONALD'S: Verdugo Woodlands  
CALIFORNIA ROLLS: R.D. White  
BBQ: Muir



**NUTRITIONAL ANALYSIS**  
**BREAKFAST Average:**  
Calorie 433  
Iron (Mg) 3  
Calcium (Mg) 559  
Protein (G) 17  
Total Fat (%) 15%  
Saturated Fat (%) 5%