

Glendale Elementary Lunch Menu

February 2017



Food Service Director: Amanda Freidhoff

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MENUS SUBJECT TO CHANGE



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana

Pineapple Tidbits
Diced Pears
Applesauce
*May choose 1/2 cup serving



Fresh Produce from local farms based on crop availability



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free Vanilla,
and Low Fat White

Lunch Prices:
Paid \$ 2.10
Reduced \$.40
Adult: \$ 3.50

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Nuggets w/ WG Bread Seasoned Corn Mandarin Oranges Low-Fat Milk Munchable: Bologna & Cheese	2 Meatball Hoagie w/cheese on a WG Bun Seasoned Green Beans Diced Pears Low-Fat Milk Groundhog Day Munchable: Bologna & Cheese	3 Chili Cheese Huddle Dogs Offense Oven Baked Fries Punter Pineapples Possession Pretzel Bites w/ cheese Low-Fat Milk Super Bowl Celebration!!
	6 Hamburger on WG Bun Oven Baked Fries Pineapple Tidbits Low-Fat Milk Munchable: Chicken Nugget	7 Breaded Chicken Sandwich on WG Bun Baked Beans Seasoned Peas Mandarin Oranges Low-Fat Milk Munchable: Chicken Nuggets	8 Ham and Cheese Pretzel Melt Tater Tots Peaches Low-Fat Milk Munchable: Chicken Nuggets	9 Cheesy Pizza Tossed Salad Applesauce Low-Fat Milk Munchable: Chicken Nuggets National Pizza Day!!	10 Popcorn Chicken w/ WG Bread Steamed Corn Diced Pears Low-Fat Milk Munchable: Chicken Nuggets
	13 Twin Tacos w/ WG Bread Refried Beans Seasoned Green Beans Pineapple Tidbits Low-Fat Milk Munchable: Ham and Cheese	14 Sweetheart Brunch French Toast Sticks with Syrup Sausage Tater Tots Apple sauce Low-Fat Milk Munchable: Ham and Cheese Valentine Cookie Happy Valentine's Day	15 Chicken and Gravy over Biscuits Mashed Potatoes and Gravy Seasoned Corn Sliced Peaches Low-Fat Milk Munchable: Ham and Cheese	16 Pepperoni Pizza Tossed Salad Applesauce Low-Fat Milk Munchable: Ham and Cheese	17 Breaded Chicken Sandwich on WG Bun Seasoned Peas Mandarin Oranges Low-Fat Milk Munchable: Ham and Cheese
	20 Popcorn Chicken w/ WG Bread Steamed Corn Diced Pears Low-Fat Milk Munchable: Nachos & Cheese	21 Chicken Tenders w/ WG Bread Mashed Potatoes w/ Gravy Mandarin Oranges Low-Fat Milk Munchable: Nachos & Cheese	22 Grilled Cheese and Tomato Soup Steamed Peas Applesauce Low-Fat Milk Munchable: Nachos & Cheese	23 Grilled Chicken Sandwich on WG Bun Baked Beans Oven Baked Fries Sliced Peaches Low-Fat Milk Munchable: Nachos & Cheese	24 Nachos Grande White Rice Seasoned Green Beans Pineapple Tidbits Low-Fat Milk Munchable: Nachos & Cheese National Tortilla Chip Day!!
	27 Ham and Cheese Wrap Steamed Carrots Diced Pears Low-Fat Milk Munchable: Pizza Dippers	28 BBQ Rib Sandwich Baked Beans Tater Tots Peaches Low-Fat Milk Munchable: Pizza Dippers			
	Monday Chicken Patty Sandwich Peanut Butter & Jelly Sandwich	Tuesday Ham & Cheese Sandwich Peanut Butter & Jelly Sandwich	Wednesday Corn Dog Nuggets with Bread Peanut Butter & Jelly Sandwich	Thursday Ham & Cheese Sandwich Peanut Butter & Jelly Sandwich	Friday Chicken Nuggets with Bread Peanut Butter & Jelly Sandwich