

# Glendale Elementary Lunch Menu

## March 2017



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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
		<b>1</b> <b>Grinch Grilled Cheese w/ Yot in a Pot Tomato Soup</b> 1 fish 2 fish Goldfish Truffula Tree Broccoli Sam I Am Applesauce Low-Fat Milk Munchable: Pizza Dippers	<b>2</b> <b>Mulberry Street Meatball Sandwich on WG Bun</b> <b>Poodle Noodles w/ butter</b> Gack Green Beans Peter Pepper's Pineapples Low-Fat Milk <b>Happy Birthday Dr. Seuss!!</b>	<b>3</b> <b>Pizza Pat w/ Cheese</b> Yertle the Turtle Tossed Salad Mayzie Mandarin Oranges Low-Fat Milk Munchable: Pizza Dippers
<b>6</b> <b>Hot Dog on WG Bun</b> Oven Baked Fries Baked Beans Diced Peaches Low-Fat Milk Munchable: Ham & Cheese	<b>7</b> <b>Breaded Pork Chop w/ WG Bread</b> Mashed Potatoes w/ Gravy Seasoned Green Beans Mandarin Oranges Low-Fat Milk Munchable: Ham & Cheese	<b>8</b> <b>Chicken Tenders w/ WG Bread</b> Steamed Corn Carrot and Raisin Salad Diced Pears Low-Fat Milk Munchable: Ham & Cheese	<b>9</b> <b>Breadstick Dunkers w/ Meat Sauce and Cheese stick</b> Steamed Broccoli Sliced Apples Low-Fat Milk <b>Girl Scout Cookie Day</b> Munchable: Ham & Cheese	<b>10</b> No School Act 80 Day
<b>13</b> <b>Walking Taco w/ WG Bread</b> Seasoned Corn Pineapple Tidbits Low-Fat Milk Munchable: Nacho and Cheese	<b>14</b> <b>Breakfast for Lunch</b> French Toast Sticks with Syrup Sausage Tater Tots Apple sauce Low-Fat Milk Munchable: Nacho and Cheese	<b>15</b> <b>Savory Ham Pot Pie w/ Dinner Roll</b> Seasoned Green Beans Diced Pears Low-Fat Milk Munchable: Nacho and Cheese	<b>16</b> <b>BBQ Rib Sandwich</b> Oven Baked Fries Mandarin Oranges Low-Fat Milk Munchable: Nacho and Cheese	<b>17</b> <b>Cheesy Pizza</b> Steamed Broccoli Diced Peaches Low-Fat Milk Munchable: Nacho and Cheese <b>Happy St Patrick's Day</b>
<b>20</b> <b>Hamburger on WG Bun</b> Oven Baked Fries Pineapple Tidbits Low-Fat Milk Munchable: Chicken Nugget	<b>21</b> <b>Breaded Chicken Sandwich on WG Bun</b> Baked Beans Seasoned Peas Mandarin Oranges Low-Fat Milk Munchable: Chicken Nuggets	<b>22</b> <b>Ham and Cheese Pretzel Melt</b> Tater Tots Peaches Low-Fat Milk Munchable: Chicken Nuggets	<b>23</b> <b>Popcorn Chicken w/ WG Bread</b> Steamed Corn Diced Pears Low-Fat Milk Munchable: Chicken Nuggets	<b>24</b> <b>Cheesy Pizza</b> Tossed Salad Applesauce Low-Fat Milk Munchable: Chicken Nuggets
<b>27</b> <b>Macaroni and Cheese w/ WG Bread</b> Steamed Broccoli Applesauce Low-Fat Milk Munchable: Ham & Cheese	<b>28</b> <b>Corn Dog on a Stick</b> Baked Beans Oven Baked Fries Mandarin Oranges Low-Fat Milk Munchable: Ham & Cheese	<b>29</b> <b>Pasta w/ Meatsauce and WG Dinner Roll</b> Seasoned Green Beans Pineapple Tidbits Low-Fat Milk Munchable: Ham & Cheese <b>Molly the Cow</b>	<b>30</b> <b>Turkey and Cheese Hoagie w/ Lettuce &amp; Tomato</b> Steamed Corn Diced Pears Low-Fat Milk Munchable: Ham & Cheese	<b>31</b> <b>National Tater Day!!</b> Cheesy Pizza Tater Tots Diced Peaches Low-Fat Milk Munchable: Ham & Cheese
<b>Monday</b> Chicken Patty Sandwich Peanut Butter & Jelly Sandwich	<b>Tuesday</b> Ham & Cheese Sandwich Peanut Butter & Jelly Sandwich	<b>Wednesday</b> Corn Dog Nuggets with Bread Peanut Butter & Jelly Sandwich	<b>Thursday</b> Ham & Cheese Sandwich Peanut Butter & Jelly Sandwich	<b>Friday</b> Chicken Nuggets with Bread Peanut Butter & Jelly Sandwich