

Glendale Elementary Lunch Menu

May/June 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
8	BBQ Rib Sandwich on WG Bun Steamed Corn Mandarin Oranges Low-Fat Milk Munchable: Pizza Dippers	9 Fish Sticks Steamed Broccoli Diced Pears Low-Fat Milk Munchable: Pizza Dippers	10 Breaded Pork Chop w/ WG Dinner Roll Mashed Potatoes w/ gravy Seasoned Green Beans Pineapple Tidbits Low-Fat Milk Munchable: Pizza Dippers	11 Chicken Tenders w/ WG Bread Oven Baked Fries Baked Beans Fresh Peach Low-Fat Milk Munchable: Pizza Dippers	12 Cheesy Pizza Steamed Broccoli Applesauce Cups Low-Fat Milk Munchable: Pizza Dippers
15	Twin Tacos w/ WG Bread Steamed Corn Pineapple Tidbits Low-Fat Milk Munchable: Ham & Cheese	16 Breaded Chicken Sandwich Oven Baked Fries Baked Beans Diced Peaches Low-Fat Milk Munchable: Ham & Cheese	17 Meatball Hoagie w/cheese on a WG Bun Steamed Green Beans Diced Pears Low-Fat Milk Munchable: Ham & Cheese	18 Chicken Nuggets w/ WG Bread Steamed Broccoli Applesauce Cups Low-Fat Milk Munchable: Ham & Cheese	19 Pepperoni Pizza Steamed Green Beans Sweetened Blueberries Low-Fat Milk Munchable: Ham & Cheese
22	BBQ Pulled Pork Sandwich on WG Bun Oven Baked Fries Pineapple Tidbits Low-Fat Milk Munchable: Chicken Nugget	23 Pasta w/ Meatsauce and WG Dinner Roll Seasoned Peas Mandarin Oranges Low-Fat Milk Munchable: Chicken Nuggets	24 Ham and Cheese Pretzel Melt Cheesy Broccoli Peaches Low-Fat Milk Munchable: Chicken Nuggets	25 Popcorn Chicken w/ WG Bread Seasoned Green Beans Diced Pears Low-Fat Milk Munchable: Chicken Nuggets	26 Cook's Choice A menu will be announced daily during morning announcements.
29	No School!! Memorial Day	30 Cheeseburgers and Hot Dogs on the Grill Steamed Corn BBQ Beans Watermelon Low-Fat Milk	31 Cook's Choice A menu will be announced daily during morning announcements.	1 Cook's Choice A menu will be announced daily during morning announcements.	2 Cook's Choice A menu will be announced daily during morning announcements.
5	Last Day of School!!	6			
	Monday Chicken Patty Sandwich Peanut Butter & Jelly Sandwich	Tuesday Ham & Cheese Sandwich Peanut Butter & Jelly Sandwich	Wednesday Corn Dog on a Stick w/ WG Bread Peanut Butter & Jelly Sandwich	Thursday Ham & Cheese Sandwich Peanut Butter & Jelly Sandwich	Friday Chicken Nuggets with Bread Peanut Butter & Jelly Sandwich