



California School for the Deaf



# Middle School Menu

March 18-22, 2019

<p>Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal Scrambled Egg Wholegrain Toast Margarine, Jelly Non-fat Chocolate Milk Low-fat Milk Soy Milk</p>	<p>Fresh Fruit Bar Applesauce Wholegrain Assorted Cereal Wholegrain Zee Bar Chocolate Milk Non-fat Milk Low-fat Soy Milk</p>	<p>Fresh Fruit Bar Banana Wholegrain Assorted Cereal Wholegrain Toast Jelly Margarine Chocolate Milk Non-fat Milk Low-fat Soy Milk</p>	<p>Fresh Fruit Bar Apple Juice Wholegrain Assorted Cereal Breakfast Burrito Salsa Chocolate Milk Non-fat Milk Low-fat Soy Milk Wholegrain Tortilla With Melted Cheese</p>	<p>Fresh Fruit Bar Assorted Juice Wholegrain Assorted Cereal Hash Brown Wholegrain Toast Low-sodium Catsup Chocolate Milk Non-fat Milk Low-fat Soy Milk</p>
<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Applesauce Caesar Salad Wholegrain Calzone Non-fat Chocolate Low-fat Milk Soy Milk Cheese Pizza</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Fruit Cocktail Orange Chicken Thighs Peas Fresh Wholegrain Dinner Roll Milk Low-fat, Non-fat Chocolate Non-fat Milk Veggie Chicken Breast</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Juice Box 2 Large Taco Lettuce, Tomato, Grated Cheese Mexicali Corn Fresh Salsa Low-fat Milk Non-fat Chocolate Milk Soy Milk Veggie Taco</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Mixed Berry Cup Turkey Sandwich Lettuce Tomato Wholegrain Marconi Salad Green Beans Mayo And Mustard Popsicle Milk Low-fat, Non-fat Chocolate Non-fat Milk Veggie Chicken Strips</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Grape Juice Beef Ravioli With Meat Sauce Fresh Dinner Roll Peas Margarine Low-fat Milk Non-fat Chocolate Milk Soy Milk Cheese Ravioli Marinara Sauce</p>
<p>Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Peaches Beef Tamale Spanish Rice Sour Cream Salsa Ice Cream Cup Milk Low-fat, Soy Cheese Tamale</p>	<p>Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit Polish Sausage Catsup Mustard Sautéed Green Beans Potato Wedges Hoagie Roll Margarine Milk, Low-fat, Soy Chocolate Non-fat Milk Veggie Burger</p>	<p>Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Fresh Melon Clam Chowder Sourdough Grilled Cheddar Cheese Sandwich Broccoli Non-fat Chocolate Milk Low-fat Milk Soy Milk Potato Soup</p>	<p>Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Cucumber Slices Applesauce Tri-Tip Baked Potato Baby Carrots Biscuit Honey Margarine Sour Cream Milk Low-fat, Soy Milk Veggie Burger Patty</p>	