



California School for the Deaf
High School Menu
 May 20 - May 24, 2019

Fresh Fruit Bar Orange Juice Cup Wholegrain Assorted Cereal Scrambled Eggs Wholegrain Toast Margarine, Jelly Chocolate Milk Non-fat Milk Low-fat Non-fat Soy Milk	Fresh Fruit Bar Canned Fruit Wholegrain Assorted Cereal Pork Link Pancake Bite Size Margarine Syrup Chocolate Milk Non-fat Milk Low-fat, Non-fat Soy Milk	Fresh Fruit Bar Banana Wholegrain Cheerios Pop Tarts Chocolate Milk Non-fat Milk Low-fat, Non-fat Soy Milk	Fresh Fruit Bar Fresh Fruit Salad Wholegrain Assorted Cereal Wholegrain Waffle Low-calorie Syrup, Margarine *Pork Sausage Low=sodium Chocolate Milk Non-fat Milk Non-fat, Low-fat Soy Milk	Closed
Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Fresh Melon Hamburger On Wholegrain Hamburger Bun Ketchup Packet Mustard Packet Mayo Light Lettuce Tomato Sliced Onion Peas Milk Low-fat, Non-fat Chocolate Soy Milk Veggie Burger	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Apple Slices Tomato Soup Wholegrain Saltine Crackers Grilled Cheese On Sourdough Bread Wholegrain Cookie Milk Low-fat, Non-fat Chocolate Non-fat Milk	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Apple Juice Wholegrain American Style Spaghetti With Meat Sauce Broccoli Wholegrain Dinner Roll Margarine Milk Low-fat, Non-fat Chocolate Non-fat Milk Wholegrain Spaghetti Veggie Meat Sauce	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Fruit Cocktail Wholegrain Beef Bean Green Chili Burrito Wholegrain Spanish Rice Mexican Corn Salsa Milk Low-fat, Non-fat Chocolate Non-fat Milk Wholegrain Bean & Cheese Burrito	Closed
Super Greens Salad Bar Low-fat, Non-fat Dressings Fresh Fruit Bar Assorted Seafood French Fries Broccoli Wholegrain Wheat Bread Margarine Tartar Sauce Canned Fruit Low-fat, Non-fat, Chocolate Milk	Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar BBQ Chicken Egg Noodles Green Beans Wheat Bread Margarine Sliced Peaches Low-fat, Non-fat, Chocolate Milk	Super Greens Salad Bar Low-fat, Non-fat Dressings Fresh Fruit Bar Tri-Tip Fresh Mashed Potato Gravy Carrot Coins Canned Fruit Wholegrain Dinner Roll Margarine Catsup Low-fat, Non-fat Chocolate Milk Soy Milk	Closed	*Contains Pork **Menu Subject To Change Without Notice** Have A Great Weekend!