



Grades K-5 Lunch

May 2019 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All of the Grain/Bread items served are Whole Grain Rich. Per USDA, students MUST take at least 3 components as part of their lunch (one must be a fruit or vegetable). S: Items with an (S) can be saved for later V: Vegetarian items **Farm Fresh Fruits: Apple, Orange, Banana - Daily Options: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito</p>		<p>5-1 Zesty Beef Chalupa Chicken Caesar and Cheesy Bread Fiesta Pinto Beans Petite Baby Carrots - S Fruit Cup</p>	<p>5-2 Manager's Choice Turkey Ham & Cheese Melt Roasted Potato Wedges Petite Baby Carrots - S Fruit Cup</p>	<p>5-3 Teriyaki Beef Dipper Rice Bowl Yellow Submarine Sandwich or Classic Tuna Sandwich Broccoli Buds Fresh Garden Salad Frozen Fruit Cup</p>
<p>5-6 Bean & Cheese Pupusa Curtido Slaw - V Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V Mini Potato Tots Rainbow Carrots - S Fruit - S</p>	<p>5-7 Mini Chicken Corn Dogs Deli Turkey & Cheese Sandwich Waffle Cut Fries Fresh Garden Salad Fruit Cup</p>	<p>5-8 Taco Bean Dip Crunchy Tortilla Chips - S Chicken Caesar and Cheesy Bread Flavor Snapping Jicama Tangy Salsa Cup Fruit Cup</p>	<p>5-9 <i>New!</i> Chicken Tenders, Homestyle Garlic Breadstick Turkey Ham & Cheese Melt Ruffle Fries Rainbow Carrots - S Frozen Fruit Cup</p>	<p>5-10 Mesquite BBQ Pork Sandwich Yellow Submarine Sandwich or Classic Tuna Sandwich Fiesta Pinto Beans Fresh Garden Salad Fruit Cup</p>
FRESH Attitude Week FRESH Attitude Week				
<p>5-13 Cheese Ravioli - V Artisan Roll - S Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V Mini Potato Tots Petite Baby Carrots - S Fruit Cup</p>	<p>5-14 Philly Cheese Steak Sandwich Deli Turkey & Cheese Sandwich Waffle Cut Fries Fresh Garden Salad Frozen Juice Slush</p>	<p>5-15 Zesty Beef Chalupa Chicken Caesar and Cheesy Bread Fiesta Pinto Beans Petite Baby Carrots - S Fruit - S</p>	<p>5-16 WG Chicken Pepperoni Pizza Turkey Ham & Cheese Melt Roasted Potato Wedges Petite Baby Carrots - S Fruit Cup</p>	<p>5-17 Salisbury Steak & Mashed Potatoes Presidents Crackers Yellow Submarine Sandwich or Classic Tuna Sandwich Creamy Mashed Potatoes Fresh Garden Salad Fruit Cup</p>
<p>5-20 Bean & Cheese Pupusa Curtido Slaw - V Whole Grain Cheese Pizza Wedge - V Teriyaki Veggie Patty Sandwich - V Ruffle Fries Petite Baby Carrots - S Fruit Cup</p>	<p>5-21 Pork Egg Rolls Deli Turkey & Cheese Sandwich Sweet Corn Tangy Salsa Cup Frozen Juice Cup</p>	<p>5-22 Café LA Burger or Café LA Cheeseburger Chicken Caesar and Cheesy Bread Roasted Potato Wedges Petite Baby Carrots - S Fruit - S</p>	<p>5-23 Manager's Choice Turkey Ham & Cheese Melt Waffle Cut Fries Fiesta Pinto Beans Fruit Cup</p>	<p>5-24 Tangerine Chicken & Fried Rice Bowl Yellow Submarine Sandwich or Classic Tuna Sandwich Broccoli Buds Fresh Garden Salad Fruit Cup</p>
<p>5-27 MEMORIAL DAY HOLIDAY</p>	<p>5-28 Oven Fried Chicken Drumstick Pretzel Roll Deli Turkey & Cheese Sandwich Waffle Cut Fries Fresh Garden Salad Frozen Juice Slush</p>	<p>5-29 Zesty Beef Chalupa Chicken Caesar and Cheesy Bread Ruffle Fries Petite Baby Carrots - S Fruit Cup</p>	<p>5-30 Philly Cheese Steak Sandwich Turkey Ham & Cheese Melt Roasted Potato Wedges Petite Baby Carrots - S Fruit Cup</p>	<p>5-31 Teriyaki Beef Dipper Rice Bowl Yellow Submarine Sandwich or Classic Tuna Sandwich Broccoli Buds Fresh Garden Salad Frozen Fruit Cup</p>

Daily Got Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

MENUS ARE SUBJECT TO CHANGE

Visit us @ <http://achieve.lausd.net/cafela>

Posted 04/23/19

For more information call (213) 241-6422

This Institution is an equal opportunity provider. | Esta institución es un proveedor que ofrece igualdad de oportunidades.