



California School for the Deaf

# High School Menu

May 13 - 17, 2019

Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal Wholegrain French Toast Margarine Syrup Chocolate Milk Non-fat Milk Low-fat, Soy	Fresh Fruit Bar Apple Juice Wholegrain Honey Nut Cereal Wholegrain Muffin Mozzarella Cheese Stick Chocolate Milk Non-fat Milk Low-fat, Soy	Fresh Fruit Bar Banana Wholegrain Assorted Cereal Breakfast Potato Fried Egg Low-sodium Catsup Wholegrain Toast Margarine Jelly Chocolate Milk Non-fat Milk Low-fat, Soy	Fresh Fruit Bar Melon Slice Wholegrain Assorted Cereal Wholegrain Waffle Margarine Syrup Chocolate Milk Non-fat Milk Low-fat, Soy	Fresh Fruit Bar Grape Juice Wholegrain Mini Wheats Cereal Scrambled Egg Wheat Toast Margarine, Jelly Chocolate Milk Non-fat Milk Low-fat, Non-fat Soy Milk
Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Orange Sections Sliced Turkey On Wholegrain Bread Peas Elf Grahams Mayo Mustard Milk Low-fat, Chocolate Non-fat Soy Milk Veggie Chicken Sandwich	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Wholegrain South Western Chicken Pasta Green Beans Wholegrain Bread Margarine Canned Pears Milk Low-fat, Chocolate Non-fat Soy Milk Veggie South Western Chicken Pasta	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Canned Peaches Hamburger French Fries Green Beans Lettuce Tomato Sliced Onion Catsup, Mustard Mayo Milk Low-fat, Chocolate Non-fat Soy Milk	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Celery Sticks Capri Sun Juice Box Nachos With Cheese Sauce And Meat Fresh Salsa Milk Low-fat, Chocolate Non-fat Soy Milk Nachos With Cheese Sauce & Veggie Taco Meat	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Mixed Fruit Cup Sliced Cucumbers BBQ Beef On Wholegrain Hamburger Bun Potato Wedges Corn On The Cob Milk Low-fat, Chocolate Non-fat Soy Milk Veggie Burger
Super Greens Salad Individual Bowls Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit Butter Chicken Basmati Rice Honey Carrots Naan Margarine Milk, Low-fat, Soy Chocolate Non-fat Milk Butter Veggie Chicken Breast	Super Greens Salad Individual Bowls Low-fat, Fat-free Dressings Fresh Fruit Bar Applesauce Meatloaf Mashed Potato Gravy Capri Veggies Wholegrain Bread Margarine Catsup Milk, Low-fat, Soy Chocolate Non-fat Milk Veggie Burger	Super Greens Salad Individual Bowls Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit Sweet & Sour Pork White Rice Soy Sauce Dinner Roll Margarine Milk, Low-fat, Soy Chocolate Non-fat Milk Tofu Chow Mein	Super Greens Salad Individual Bowls Low-fat, Fat-free Dressings Fresh Fruit Bar Fresh Melon Salad Roast Turkey Bread Dressing Gravy Broccoli Bread Margarine Milk, Low-fat, Soy Chocolate Non-fat Milk	

This institution is an equal opportunity provider