

MAY 2019

LORCA - Federico Garcia Locrrca Elementary School

K-8 Conversion Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<ul style="list-style-type: none"> • Chicken Meatball Sub Sandwich • Grilled Cheese Sandwich • Salad Mix Baby Carrots Celery Sticks • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Popcorn Chicken Bowl • Egg Chef Salad w/ Breadstick OR Roasted Veggie Salad w/ Breadstick • PBJ Sandwich • Salad Mix Fresh Broccoli Cucumber Slices • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Cheeseburger Hamburger • Cheese Pizza Sticks Marinara Dipping Sauce • Potato Emoticons (Local) • PB&J Sandwich • Romaine Lettuce Leaf & Tomato Slice Baby Carrots • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	
5	6	7	8	9	10	11
	<ul style="list-style-type: none"> • Cheese Pizza Wedge • Chicken Tenders Breadstick • Salad Mix Baby Carrots Celery Sticks • 'Fresh Attitude Week' Samples --- Zucchini Spirals Rainbow Carrot Coins • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Cajun Chicken Sandwich (CUC) Chicken Patty Sandwich • Grilled Cheese Sandwich • 1-2 Salads to be offered -- Breaded Chicken Chef Salad w/ Breadstick Egg Chef Salad w/ Breadstick • Potato Emoticons (Local) • PBJ Sandwich • Local Corn Elotes Salad (CUC) Fresh Broccoli • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • 'Fresh Attitude' Turkey Taco • 'Fresh Attitude' Cheesy Bean Taco • Grilled Cheese Sandwich • PBJ Sandwich • Tajin-Spiced Cucumbers Baby Carrots Zesty Black Beans • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Jerk Chicken Drum (Local) Rotisserie ABF Chicken Leg (Local) Breadstick • Cheese Quesadilla w/ Toppings • California Blend • Egg Chef Salad w/ Breadstick • PBJ Sandwich • Celery Sticks Zesty Black Beans • 'Fresh Attitude Week' Sample --- Roasted Plantains • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Turkey Meatball Rotini • Fish Sticks Breadstick • Sweet Thai Veggie Stir-Fry • PBJ Sandwich • Baby Carrots Celery Sticks • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	
12	13	14	15	16	17	18
<ul style="list-style-type: none"> • OFFERED DAILY We offer a rotation of vitamin and mineral-rich seasonal fresh and cupped fruits. • We only use heart-healthy whole grain breads, pastas, and rice in our recipes. • Our milk varieties include 1% low fat and fat-free unflavored and flavored choices. 	<ul style="list-style-type: none"> • Cheese Pizza Wedge • Hot Dog • Salad Mix Baby Carrots Celery Sticks • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Chicken Nachos Vegetarian Nachos Toppings • PBJ Sandwich • Pinto Charro Beans • Fiesta Corn (Local) Fresh Broccoli • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Waffles • 2 Types of Scrambled Eggs to be offered --- Scrambled Eggs Cheesy Scrambled Eggs Mexican-Style Scrambled Eggs • PBJ Sandwich • Salad Mix Baby Carrots Celery Sticks • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Chicken Patty Sandwich Hot N' Spicy Chicken Patty Sandwich • Grilled Cheese Sandwich • Waffle Fries • Egg Chef Salad w/ Breadstick OR Roasted Veggie Salad w/ Breadstick • PBJ Sandwich • Romaine Lettuce Leaf & Tomato Slice Fresh Broccoli • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • 2 Entrees to be offered --- Cheeseburger Hamburger Fish Sandwich • Cheese Pizza Sticks Spaghetti Dipping Sauce • PB&J Sandwich • Lettuce Leaf & Tomato Slice Baby Carrots Fresh Cucumber Slices • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Our menus are pork-free! • In peanut-free buildings, SunButter will be substituted. • All menus are subject to change. • Not all offerings may be available in all buildings.
19	20	21	22	23	24	25
	<ul style="list-style-type: none"> • Cheese Pizza Wedge • Chicken Tenders Breadstick • PBJ Sandwich • Salad Mix Baby Carrots Celery Sticks • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Chicken Soft Tacos on Flour OR Corn Tortillas Bean Soft Tacos on Flour OR Corn Tortillas Toppings • Grilled Cheese Sandwich • Black Charro Beans Sweet Corn (Local) • PBJ Sandwich • Fresh Cucumber Slices Fresh Broccoli • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Rotini and Meat Sauce Baked Rotini & Cheese w/ Breadstick • PBJ Sandwich • Salad Mix Baby Carrots Celery Sticks • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Chicken Nuggets w/ Breadstick • Grilled Cheese Sandwich • Potato Emoticons (Local) • Egg Chef Salad w/ Breadstick PBJ Sandwich • Salad Mix Fresh Broccoli • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	<ul style="list-style-type: none"> • Sweet Thai Popcorn Chicken Brown Rice • Fish Sandwich • PBJ Sandwich • Romaine Lettuce Leaf & Tomato Slice Baby Carrots Fresh Cucumber Slices • Seasonal Fruit • Choice of Milk --- 1% Milk Skim Milk Chocolate Skim Milk 	

- Cheesy Beef Nacho Bake
Black Bean & Red Pepper
Nacho Bake Toppings
- Sweet Corn (Local) Pinto
Charro Beans
- PBJ Sandwich
- Fresh Broccoli Cucumber
Slices
- Seasonal Fruit
- Choice of Milk --- 1% Milk
Skim Milk Chocolate Skim
Milk

- Waffles Maple Syrup
- 2 types of Scrambled Eggs
to be offered --- Scrambled
Eggs Cheesy Scrambled
Eggs Mexican-Style
Scrambled Eggs
- PBJ Sandwich
- Baby Carrots Fresh Broccoli
Celery Sticks
- Seasonal Fruit
- Choice of Milk --- 1% Milk
Skim Milk Chocolate Skim
Milk

- Chicken Leg w/ Breadstick
One of these chicken leg
flavors offered --- BBQ
Sweet Thai Chili Frank's
RedHot Chili-Lime BBQ
- Grilled Cheese Sandwich
- Mashed Potatoes
- Egg Salad Sandwich OR
Roasted Veggie Salad w/
Breadstick
- PB&J Sandwich
- Salad Mix Fresh Broccoli
- Seasonal Fruit
- Choice of Milk --- 1% Milk
Skim Milk Chocolate Skim
Milk

- 2 Entrees to be offered ---
Cheeseburger Hamburger
Fish Sticks w/ Breadstick
- Hot Dog
- PBJ Sandwich
- Lettuce Leaf & Tomato Slice
Baby Carrots Creamy
Coleslaw (Local)
- Seasonal Fruit
- Choice of Milk --- 1% Milk
Skim Milk Chocolate Skim
Milk