



**California School for the Deaf**  
**High School Menu**  
**September 16 - 20, 2019**

Fresh Fruit Bar Fresh Orange Sections Wholegrain Assorted Cereal Pop tart Chocolate Milk Non-fat Milk Low-fat, Soy Milk	Fresh Fruit Bar Apricot 1/2 Wholegrain Assorted Cereal Toasted English Muffin Margarine Jelly Chocolate Milk Non-fat Milk Low-fat, Soy Milk	Fresh Fruit Bar Orange Juice Cup Wholegrain Assorted Cereal French Toast Margarine Sf Syrup Chocolate Milk Non-fat Milk Low-fat , Soy Milk	Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal Fried Egg Hash Browns Wholegrain Toast Margarine Jelly Low Sodium Catsup Chocolate Milk Non-fat Milk Low-fat, Soy Milk	Fresh Fruit Bar Fresh Fruit Salad Wholegrain Assorted Cereal Breakfast Pizza Chocolate Milk Non-fat Milk Low-fat, Soy Milk
Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Juice Box Hamburger On Wholegrain Bun Lettuce Tomato French Fries Broccoli Mayo Mustard Low Sodium Catsup Milk Low-fat, Non-fat Chocolate Non-fat Milk Veggie Burger	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Cantaloupe Slice Chicken Quesadilla Refried Beans Corn Chips Salsa Milk Low-fat, Non-fat Chocolate Non-fat Milk Veggie Chicken Quesadilla	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Carrot Sticks Sliced Peaches Pastrami & Turkey Deli Sandwich Shredded Lettuce Wholegrain Marconi Salad Mayo, Mustard Milk Low-fat, Non-fat Chocolate Soy Milk Deli Cheese Sandwich	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Watermelon Rotini With Meat Sauce Parmesan Cheese Sautéed Green Beans Wholegrain Bread Margarine Low-fat Milk, Non-fat Chocolate Milk, Soy Milk Rotini With Marinara Sauce	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Apple Juice Eagle Tostada Broccoli Churro Salsa Low-fat Milk, Non-fat Chocolate Milk, Soy Milk Veggie Tostada
Super Greens Salad Bar Low-fat, Non-fat Dressings Fresh Fruit Bar Applesauce *Grilled Pork Chop Au gratin Potato Honey Carrots Bread Margarine Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	Super Greens Salad Bar Low-fat, Non-fat Dressings Fresh Fruit Bar Fruit cocktail American Style Spaghettoni Garlic Bread Sautéed Green Beans Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit Pork Chow Mein Egg Roll Sweet N Sour Sauce Fortune Cookie Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Applesauce Roast Turkey Rice Pilaf Cauliflower & Peas Wheat Bread Margarine Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	*Contains Pork **Menu Subject To Change Without Notice** Have A Great Weekend!