



California School for the Deaf



# Menu

October 29 – November 2, 2018

<p>Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal Cheese Omelete Wholegrain Toast Maragine Jelly Catsup Nonfat Choc Milk Lowfat Milk Soy Milk</p>	<p>Fresh Fruit Bar Applesauce Wholegrain Honey Chex Cereal Wholegrain Cinnamon Roll Assorted Yogurt  Choc Milk Nonfat Milk Lowfat Soy Milk</p>	<p>Fresh Fruit Bar Banana Wholegrain Assorted Cereal Wholegrain WaFat-freele Syrup Margarine Bacon Choc Milk Nonfat Milk Lowfat Soy Milk Veggie Bacon</p>	<p>Fresh Fruit Bar Strawberry Cup Wholegrain Assorted Cereal Pancake Syrup Sausage Link Choc Milk Nonfat Milk Lowfat Soy Milk Veggie Sausage</p>	<p>Fresh Fruit Bar Assorted Juice Wholegrain Kix Cereal Hash Brown Patty Scrambled Egg Wholegrain Toast Catsup Choc Milk Nonfat Milk Lowfat Soy Milk</p>
<p>Supergreens Salad Bar Lowfat/Fat-free Dressing Fresh Fruit Bar Applesauce Turkey Sandwich On Wheat Bread Lettuce Tomato Raw Baby Carrot Macornia Salad Nonfat Choc Lowfat Milk Soy Milk  Veggie Chicken Sand</p>	<p>Supergreens Salad Bar Lowfat/Fat-free Dressing Fresh Fruit Bar Canned Mandarin Oranges Herb Roasted Chicken Thighs Wholegrain Rice Pilaf Peas Fresh Wholegrain Dinner Roll Milk Lowfat, Nonfat Choc Nonfat Milk  Veggie Chicken Breast</p>	<p>Supergreens Salad Bar Lowfat/Fat-free Dressing Fresh Fruit Bar Orange 1/2 Coleslaw Wholegrain Fish Sticks French Fries Catsup Tarter Sauce Wholegrain Cookie Milk Lowfat, Nonfat, Choc Nonfat Milk  Veggie Breaded Chicken Strips</p>	<p>Supergreens Salad Bar Lowfat/Fat-free Dressing Fresh Fruit Bar Apple Juice Grilled Cheese Sandwich Tomato Soup Saltine Cracker Broccoli  Popsicle  Milk Lowfat, Nonfat Choc Nonfat Milk</p>	<p>Supergreens Salad Bar Lowfat/Fat-free Dressing Fresh Fruit Bar Grape Juice Taco Lettuce, Tomato, Grated Cheese Mexicali Corn Fresh Salsa Teddy Grahm Lowfat Milk Nonfat Choc Milk Soy Milk  Veggie Taco</p>
<p>Supergreens Salad Bar Lowfat, Fat-free Dressings Fresh Fruit Bar Peaches Beef Tamale Refried Beans Mexicali Corn Salsa  Ice Cream Cup Milk Lowfat, Soy  Cheese Tamale</p>	<p>Supergreens Salad Bar Lowfat, Fat-free Dressings Fresh Fruit Bar Canned Fruit Polish Sausage Catsup Mustard Sauteed Green Beans Potato Wegdes Bread Margarine Milk, Lowfat, Soy Choc Nonfat Milk  Veggie Hot Dog</p>	<p>Supergreens Salad Bar Lowfat, Fat-free Dressings Fresh Fruit Bar Fresh Melon Bbq Beef Ribs Tater Tots Broccoli Dinner Roll Margarine Nonfat Choc Milk Lowfat Milk Soy Milk Veggie Breaded Chicken Strip</p>	<p>Supergreens Salad Bar Lowfat, Fat-free Dressings Fresh Fruit Bar Cucumber Slices Applesauce Roast Pork Augratin Potato Lima Beans Biscuit Honey Margarine Milk Lowfat, Soy Milk  Veggie Burger Patty</p>	