



**California School for the Deaf**  
**Middle School Menu**  
**March 9 - 13, 2020**

Fresh Fruit Bar Apple Juice Cup Wholegrain Assorted Cereal Waffle Margarine, Syrup Chocolate Milk Non-fat Milk Low-fat, Soy Milk	Fresh Fruit Bar Orange Sections Wholegrain Assorted Cereal Pancakes Margarine Syrup Chocolate Milk Non-fat Milk Low-fat, Soy Milk	Fresh Fruit Bar Strawberry Cup Wholegrain Assorted Cereal Assorted Scone Cheddar Cheese Square Chocolate Milk Non-fat Milk Low-fat, Soy Milk	Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal Cheese Omelet Hash Browns Wholegrain Bread Toast Margarine Packet Low-sodium Catsup Chocolate Milk Non-fat Milk Low-fat, Soy Milk	Fresh Fruit Bar Fresh Fruit Salad Wholegrain Assorted Cereal Turkey Bacon Breakfast Burrito Salsa Chocolate Milk Non-fat Milk Non-fat, Low-fat
Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Juice Box Caesar Salad 1/8 Turkey Pepperoni Cheese Pizza Red Pepper Packet Parmesan Cheese Graham Cracker Milk Low-fat, Non-fat Chocolate Non-fat Milk	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Canned Fruit Deli Sandwich BBQ Potato Chips Lettuce Tomato Mayo Mustard Graham Cracker Popsicle Milk Low-fat, Non-fat Chocolate Non-fat Milk	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Canned Fruit Corn Dog Wholegrain Marconi Salad Broccoli Mustard Low-sodium Catsup Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Orange Section Cheese Enchilada Spanish Rice Mexican Corn Salsa Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Canned Fruit *Pulled Pork Sandwich Onion Rings Key Biscayne Vegetable Twin Pop Milk Low-fat, Non-fat Chocolate Soy Milk
Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Grapes Beef Broccoli White Rice Soy Sauce Ice Cream Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit *Chili Verde Warm Tortilla Corn On The Cob Churro Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	Super Greens Salad Bar Low-fat, Non-fat Dressings Fresh Fruit Bar Apricot ½ Chicken Fajita Pasta Green Beans Dinner Roll Margarine Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Tri-Tip Mashed Potato, Gravy Prince Edward Vegetable Wheat Bread Margarine Low-fat Milk, Non-fat Chocolate Milk, Soy Milk	