



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

<p>Fresh Fruit Bar Canned Fruit Wholegrain Assorted Cereal Wholegrain Waffle Margarine, Syrup Chocolate Milk Non-fat Milk Low-fat Non-fat</p>	<p>Fresh Fruit Bar Apple Juice Cup Wholegrain Assorted Cereal Yogurt Parfait Hard Boiled Egg Chocolate Milk Non-fat Milk Low-fat, Non-fat</p>	<p>Fresh Fruit Bar Fresh Orange Sections Wholegrain Assorted Cereal Pancake Sausage Bites Low-sodium Catsup Syrup Chocolate Milk Non-fat Milk Low-fat, Soy Milk</p>	<p>Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal Scrambled Eggs Hash Browns Wholegrain Toast Margarine Packet Jelly Packet Low-sodium Catsup Chocolate Milk Non-fat Milk Low-fat, Soy Milk</p>	<p>Fresh Fruit Bar Fresh Fruit Salad Wholegrain Assorted Cereal French Toast Margarine Syrup Chocolate Milk Non-fat Milk Non-fat, Low-fat</p>
<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Grape Juice Sloppy Joe on Wholegrain Bun Veggie Burger Peas Corn Chips Milk Low-fat, Non-fat Chocolate Non-fat Milk</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Apple Slices Deli Sandwich Lettuce & Tomato Carroteenie Ranch Dressing Potato Chips Wholegrain Cookie Mayo, Mustard Cheese Sandwich Milk Low-fat, Non-fat Chocolate Soy Milk</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Juice Box Fish Nuggets Coleslaw Wholegrain Fresh Dinner Roll Margarine Tartar Sauce Veggie Chicken Strips Milk Low-fat, Non-fat Chocolate Soy Milk</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Canned Fruit Italian Meatballs Pasta & Pasta Sauce Peas Garlic Bread Milk Low-fat, Non-fat Chocolate Non-fat Milk Veggie Meatball Low-fat Milk, Non-fat Chocolate Milk, Soy Milk</p>	<p>Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Fresh Orange Sections Eagle Tostada Mexican Corn Wholegrain Spanish Rice Salsa, Sour Cream Low-fat Milk, Non-fat Chocolate Milk, Soy Milk</p>
<p>Super Greens Salad Bar Low-fat, Non-fat Dressings Fresh Fruit Bar Canned Peaches Roasted Turkey Mashed Potato Gravy Broccoli Bread Margarine Low-fat Milk, Non-fat Chocolate Milk, Soy Milk</p>	<p>Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit *Sweet & Sour Pork White Rice Fortune Cookie Low-fat Milk, Non-fat Chocolate Milk, Soy Milk</p>	<p>Super Greens Salad Bar Low-fat, Non-fat Dressings Fresh Fruit Bar Apricot ½ Beef Sausage Waffle Fries Sautéed Green Beans Dinner Roll Margarine Mustard, Mayo, Catsup Low-fat Milk, Non-fat Chocolate Milk, Soy Milk</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Canned Fruit Chicken Noodle Soup Saltine Crackers Grilled Cheddar Cheese Sand On Sour Dough Bread Prince Edward Veggies Low-fat Milk, Non-fat Chocolate Milk, Soy Milk</p>	