



**California School for the Deaf**  
**Middle School Menu**  
 March 11 - 15, 2019

Fresh Fruit Bar Orange Juice Cup Wholegrain Assorted Cereal Wholegrain Toast Margarine, Jelly Choc Milk Non-Fat Milk Low-Fat Non-Fat Soy Milk	Fresh Fruit Bar Canned Fruit Wholegrain Assorted Cereal English Muffin Margarine, Syrup  Choc Milk Non-Fat Milk Low-Fat, Non-Fat Soy Milk	Fresh Fruit Bar Banana Wholegrain Assorted Cereal Wholegrain Cinnamon Roll  Choc Milk Non-Fat Milk Low-Fat, Non-Fat Soy Milk	Fresh Fruit Bar Fresh Fruit Salad Wholegrain Assorted Cereal Wholegrain Waffle Low Calorie Syrup, Margarine  Choc Milk Non-Fat Milk Non-Fat, Low-Fat Soy Milk	Fresh Fruit Bar Assorted Juice Wholegrain Assorted Cereal Hash Browns Wholegrain Toast Margarine, Jelly Choc Milk Non-Fat Milk Low-Fat, Non-Fat Soy Milk
Super Greens Salad Bar Low-Fat/Fat-Free Dressing Fresh Fruit Bar Fresh Melon Hamburger On Wholegrain Hamburger Bun Ls Ketchup Packet Mustard Packet Mayo Light Lettuce Tomato Sliced Onion Peas Milk Low-Fat, Non-Fat Choc Soy Milk Veggie Burger	Super Greens Salad Bar Low-Fat/Fat-Free Dressing Fresh Fruit Bar Carrot Sticks Pineapple Tidbits Sliced Turkey On Wholegrain Bread Lettuce, Tomato Mayo, Mustard Milk Low-Fat, Non-Fat Choc Non-Fat Milk Sliced Cheese On Wholegrain Bread	Super Greens Salad Bar Low-Fat/Fat-Free Dressing Fresh Fruit Bar Apple Juice Wholegrain Spagettini 3 ½ Oz Meatballs Marinara Sauce Broccoli Wholegrain Dinner Roll Margarine Milk Low-Fat, Non-Fat Choc Non-Fat Milk Wholegrain Spagettini Veggie Meat Sauce	Super Greens Salad Bar Low-Fat/Fat-Free Dressing Fresh Fruit Bar Fruit Cocktail Wholegrain Bean & Cheese Burrito Mexican Corn Salsa Wholegrain Spanish Rice Milk Low-Fat, Non-Fat Choc Non-Fat Milk Wholegrain Bean &Cheese Burrito	Super Greens Salad Bar Low-Fat/Fat-Free Dressing Fresh Fruit Bar Orange Sections 4 Chicken Nuggets Wholegrain Rice Pilaf Peas Catsup, Milk Low-Fat, Non-Fat, Choc Non-Fat Milk Ice Cream Cup Veggie Chicken Strips
Super Greens Salad Bar Low-Fat, Non-Fat Dressings Fresh Fruit Bar Catfish Au gratin Potato Broccoli Wholegrain Wheat Bread Margarine Tartar Sauce Canned Fruit Low-Fat, Non-Fat, Choc Milk	Super Greens Salad Bar Low-Fat, Non-Fat Dressings Fresh Fruit Bar Chicken Fried Steak Fresh Mashed Potato Gravy Carrot Coins Canned Fruit Wholegrain Dinner Roll Margarine Catsup Low-Fat, Non-Fat Choc Milk Soy Milk	Super Greens Salad Bar Low-Fat, Fat-Free Dressings Fresh Fruit Bar BBQ Chicken Egg Noodles Roasted Squash Wheat Bread Margarine Sliced Peaches  Low-Fat, Non-Fat, Choc Milk Soy Milk	Super Greens Salad Bar Low-Fat, Fat-Free Dressings Fresh Fruit Bar Cantaloupe Slice Corn Beef Cabbage Steamed Baby Carrots White Cake With Green Icing  Low-Fat, Non-Fat, Choc Milk	*Contains Pork  **Menu Subject To Change Without Notice**  Have A Great Weekend!