



**California School for the Deaf - High School Menu**  
**January 14-18, 2019**

Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal Fried Egg Wholegrain Toast Margarine, Jelly Non-fat Chocolate Milk Low-fat Milk Soy Milk	Fresh Fruit Bar Applesauce Wholegrain Honey Chex Cereal Wholegrain Zee Bar  Assorted Yogurt  Chocolate Milk Non-fat Milk Low-fat Soy Milk	Fresh Fruit Bar Banana Wholegrain Assorted Cereal Wholegrain Waffle Syrup Margarine Bacon Chocolate Milk Non-fat Milk Low-fat Soy Milk Veggie Bacon	Fresh Fruit Bar Strawberry Cup Wholegrain Assorted Cereal Breakfast Burrito Salsa Chocolate Milk Non-fat Milk Low-fat Soy Milk  Wholegrain Tortilla With Melted Cheese	Fresh Fruit Bar Assorted Juice Wholegrain Kix Berry Cereal Hash Brown Patty Scrambled Egg Wholegrain Toast Ls Catsup Chocolate Milk Non-fat Milk Low-fat Soy Milk
Super greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Applesauce  Caesar Salad  Wholegrain Multi Cheese Pizza  Non-fat Chocolate Low-fat Milk Soy Milk	Super greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Canned Mandarin Oranges Herb Roasted Chicken Thighs Wholegrain Rice Pilaf Peas Fresh Wholegrain Dinner Roll Milk Low-fat, Non-fat Chocolate Non-fat Milk  Veggie Chicken Breast	Super greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Orange 1/2 Coleslaw Wholegrain Fish Sticks Fresh Wholegrain Dinner Roll Tater Tots Catsup Tartar Sauce Lemon Wedge Wholegrain Animal Cracker Milk Low-fat, Non-fat, Chocolate Non-fat Milk Veggie Breaded Chicken Strips	Super greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Apple Juice Grilled Cheese Sandwich Broccoli Potato Salad  Popsicle  Milk Low-fat, Non-fat Chocolate Non-fat Milk	Super greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Grape Juice Taco Lettuce, Tomato, Grated Cheese Mexicali Corn Fresh Salsa Teddy Graham Low-fat Milk Non-fat Chocolate Milk Soy Milk  Veggie Taco
Supergreens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Peaches Chicken Enchilada Spanish Rice Sour Cream Salsa  Ice Cream Cup  Milk Low-fat, Soy  Cheese Enchilada	Supergreens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit Polish Sausage Catsup Mustard Sautéed Green Beans Potato Wedges Wholegrain Hot Dog Bun Margarine Milk, Low-fat, Soy Chocolate Non-fat Milk  Veggie Burger	Supergreens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Fresh Melon Beef Lasagna Garlic Bread Peas Non-fat Chocolate Milk Low-fat Milk Soy Milk  Veggie Lasagna	Supergreens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Cucumber Slices Applesauce Tri-Tip Baked Potato Green Beans Biscuit Honey Margarine Sour Cream Milk Low-fat, Soy Milk  Veggie Burger Patty	