



# May 2019 - Menus

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

## Grades 9-12 Lunch

*MENUS ARE SUBJECT TO CHANGE*

		<p>4-1 Zesty Beef Chalupa with Rice Crispy Chicken Filet Sandwich Chinese Chicken Salad Aloha Roll Pastrami &amp; Cheese Croissant Fiesta Pinto Beans Petite Baby Carrots - <b>S</b> Fruit Cup Fruit Juice</p>	<p>5-2 Manager's Choice Whole Grain Hawaiian Pizza Chicken Caesar Salad &amp; Cheesy Bread Yellow Submarine Sandwich Roasted Potato Wedges Petite Baby Carrots - <b>S</b> Fruit Cup Fruit Juice</p>	<p>5-3 Teriyaki Beef Dipper Rice Bowl Café LA Burger or Café LA Cheeseburger Tuna Salad Plate Pretzel Roll Deli Turkey &amp; Cheese Sandwich Broccoli Buds Lettuce &amp; Tomato Frozen Fruit Cup Fruit Juice</p>
<p>5-6 Bean &amp; Cheese Pupusa Curtido Slaw -<b>V</b> Teriyaki Veggie Patty Sandwich -<b>V</b> Whole Grain Cheese Pizza Wedge -<b>V</b> Yogurt Parfait Wholesome Granola -<b>V</b> Deli Cheese Sandwich -<b>V</b> Golden Hash Brown Patties Rainbow Carrots - <b>S</b> Fruit - <b>S</b> Fruit Juice</p>	<p>5-7 Mini Chicken Corn Dogs Whole Grain Pepperoni Pizza Chicken Caesar Salad &amp; Cheesy Bread Classic Tuna Sandwich Waffle Cut Fries Fresh Garden Salad Fruit Cup Frozen Juice Cup</p>	<p>5-8 Taco Bean Dip Crunchy Tortilla Chips Crispy Chicken Filet Sandwich Chinese Chicken Salad Aloha Roll California Chicken Wrap Flavor Snapping Jicama Tangy Salsa Cup Fruit Cup Fruit Juice</p>	<p>5-9 Chicken Tenders Homestyle Southern Buttermilk Biscuit Whole Grain Hawaiian Pizza Chicken Caesar Salad &amp; Cheesy Bread Yellow Submarine Sandwich Ruffle Fries Rainbow Carrots - <b>S</b> Frozen Fruit Cup Fruit Juice</p>	<p>5-10 Mesquite BBQ Pork Sandwich Café LA Burger or Café LA Cheeseburger Tuna Salad Plate Pretzel Roll Deli Turkey &amp; Cheese Sandwich Fiesta Pinto Beans Lettuce &amp; Tomato Frozen Fruit Cup Fruit Juice</p>
<p><b>FRESH Attitude Week FRESH Attitude Week</b></p>				
<p>5-13 Cheese Ravioli Artisan Roll -<b>V</b> Teriyaki Veggie Patty Sandwich -<b>V</b> Whole Grain Cheese Pizza Wedge -<b>V</b> Yogurt Parfait Wholesome Granola -<b>V</b> Deli Cheese Sandwich -<b>V</b> Golden Hash Brown Patties Petite Baby Carrots - <b>S</b> Fruit Cup Fruit Juice</p>	<p>5-14 Philly Cheese Steak Sandwich Whole Grain Pepperoni Pizza Chicken Caesar Salad &amp; Cheesy Bread Classic Tuna Sandwich Fresh Garden Salad Waffle Cut Fries Fruit - <b>S</b> Frozen Juice Slush</p>	<p>5-15 Zesty Beef Chalupa with Rice Crispy Chicken Filet Sandwich Chinese Chicken Salad Aloha Roll Pastrami &amp; Cheese Croissant Fiesta Pinto Beans Petite Baby Carrots - <b>S</b> Fruit - <b>S</b> Fruit Juice</p>	<p>5-16 Turkey Burger Whole Grain Hawaiian Pizza Chicken Caesar Salad &amp; Cheesy Bread Yellow Submarine Sandwich Roasted Potato Wedges Petite Baby Carrots - <b>S</b> Fruit Cup Fruit Juice</p>	<p>5-17 Salisbury Steak &amp; Mashed Potatoes Artisan Roll or Presidents Crackers Café LA Burger or Café LA Cheeseburger Tuna Salad Plate Pretzel Roll Deli Turkey &amp; Cheese Sandwich Creamy Mashed Potatoes Lettuce &amp; Tomato Frozen Fruit Cup Fruit Juice</p>

**Daily Got Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat**

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## Grades 9-12 Lunch

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<p><b>5-20</b>            Bean &amp; Cheese Pupusa Curtido Slaw - <b>V</b>            Teriyaki Veggie Patty Sandwich - <b>V</b>            Whole Grain Cheese Pizza Wedge - <b>V</b>            Yogurt Parfait Wholesome Granola - <b>V</b>            Deli Cheese Sandwich - <b>V</b>            Ruffle Fries            Petite Baby Carrots - <b>S</b>            Fruit Cup            Fruit Juice</p>	<p><b>5-21</b>            Pork Egg Rolls            Whole Grain Pepperoni Pizza            Chicken Caesar Salad &amp; Cheesy Bread            Classic Tuna Sandwich            Sweet Corn            Tangy Salsa Cup            Fruit - <b>S</b>            Frozen Juice Cup</p>	<p><b>5-22</b>            Mesquite BBQ Pork Sandwich            Crispy Chicken Filet Sandwich            Chinese Chicken Salad            Pretzel Roll            California Chicken Wrap            Roasted Potato Wedges            Petite Baby Carrots - <b>S</b>            Fruit - <b>S</b>            Fruit Juice</p>	<p><b>5-23</b>            Manager's Choice            Whole Grain Hawaiian Pizza            Chicken Caesar Salad &amp; Cheesy Bread            Yellow Submarine Sandwich            Fiesta Pinto Beans            Waffle Cut Fries            Fruit Cup            Fruit Juice</p>	<p><b>5-24</b>            Tangerine Chicken &amp; Fried Rice Bowl            Café LA Burger or Café LA Cheeseburger            Tuna Salad Plate Pretzel Roll            Deli Turkey &amp; Cheese Sandwich            Broccoli Buds            Lettuce &amp; Tomato            Frozen Fruit Cup            Fruit Juice</p>
<p><b>5-27</b>  <b>MEMORIAL DAY HOLIDAY</b></p>	<p><b>5-28</b>            Oven Fried Chicken Drumstick            Southern Buttermilk Biscuit            Whole Grain Pepperoni Pizza            Chicken Caesar Salad &amp; Cheesy Bread            Classic Tuna Sandwich            Fresh Garden Salad            Waffle Cut Fries            Fruit - <b>S</b>            Frozen Juice Slush</p>	<p><b>5-29</b>            Zesty Beef Chalupa with Rice            Crispy Chicken Filet Sandwich            Chinese Chicken Salad            Pretzel Roll            Pastrami &amp; Cheese Croissant            Ruffle Fries            Petite Baby Carrots - <b>S</b>            Fruit Cup            Fruit Juice</p>	<p><b>5-30</b>            Philly Cheese Steak Sandwich            Whole Grain Hawaiian Pizza            Chicken Caesar Salad &amp; Cheesy Bread            Yellow Submarine Sandwich            Roasted Potato Wedges            Petite Baby Carrots - <b>S</b>            Fruit Cup            Fruit Juice</p>	<p><b>5-31</b>            Teriyaki Beef Dipper Rice Bowl            Café LA Burger or Café LA Cheeseburger            Tuna Salad Plate Pretzel Roll            Deli Turkey &amp; Cheese Sandwich            Broccoli Buds            Lettuce &amp; Tomato            Frozen Fruit Cup            Fruit Juice</p>

**Daily Got Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat**

Posted 04/25/19

**All of the Grain/Bread items served are Whole Grain Rich.**

Per USDA, students MUST take at least 3 components as part of their lunch (one must be a fruit or vegetable).

**S:** Items with an (S) can be saved for later **V:** Vegetarian items

\*\* Farm Fresh Fruits: Apple, Orange, Banana

Daily Options: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito