



California School for the Deaf
Middle School Menu
September 16 - 20, 2019

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| <p>Fresh Fruit Bar Fresh Orange Sections Wholegrain Assorted Cereal pop tart</p> <p>Chocolate Milk Non-fat Milk Low-fat, Soy Milk</p> | <p>Fresh Fruit Bar Apricot 1/2 Wholegrain Assorted Cereal Toasted English Muffin Margarine Jelly Chocolate Milk Non-fat Milk Low-fat, Soy Milk</p> | <p>Fresh Fruit Bar Orange Juice Cup Wholegrain Assorted Cereal French Toast Margarine Sf Syrup Chocolate Milk Non-fat Milk Low-fat , Soy Milk</p> | <p>Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal Fried Egg Hash Browns Wholegrain Toast Margarine Jelly Ls Catsup Chocolate Milk Non-fat Milk Low-fat, Soy Milk</p> | <p>Fresh Fruit Bar Fresh Fruit Salad Wholegrain Assorted Cereal Breakfast Pizza</p> <p>Chocolate Milk Non-fat Milk Low-fat, Soy Milk</p> |
| <p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Juice Box Hamburger On Wholegrain Bun Lettuce Tomato French Fries Broccoli Mayo Mustard Ls Catsup Milk Low-fat, Non-fat Chocolate Non-fat Milk Veggie Burger</p> | <p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Cantaloupe Slice Chicken Quesadilla Refried Beans Corn Chips Salsa Milk Low-fat, Non-fat Chocolate Non-fat Milk Veggie Chicken Quesadilla</p> | <p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Carrot Sticks Sliced Peaches Pastrami & Turkey Deli Sandwich Shredded Lettuce Wholegrain Marconi Salad Mayo, Mustard Milk Low-fat, Non-fat Chocolate Soy Milk Deli Cheese Sandwich</p> | <p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Watermelon Rotini With Meat Sauce Parmesan Cheese Sautéed Green Beans Wholegrain Bread Margarine Low-fat Milk, Non-fat Chocolate Milk, Soy Milk Rotini With Marinara Sauce</p> | <p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Apple Juice Eagle Tostada Broccoli Churro Salsa</p> <p>Low-fat Milk, Non-fat Chocolate Milk, Soy Milk Veggie Tostada</p> |
| <p>Super Greens Salad Bar Low-fat, Non-fat Dressings Fresh Fruit Bar Applesauce *Grilled Pork Chop Au gratin Potato Honey Carrots Bread Margarine Low-fat Milk, Non-fat Chocolate Milk, Soy Milk</p> | <p>Super Greens Salad Bar Low-fat, Non-fat Dressings Fresh Fruit Bar Fruit cocktail American Style Spaghettoni Garlic Bread Sautéed Green Beans 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 Pork Chow Mein Egg Roll Sweet N Sour Sauce Fortune Cookie Low-fat Milk, Non-fat Chocolate Milk, Soy Milk</p> | <p>Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Applesauce Roast Turkey Rice Pilaf Cauliflower & Peas Wheat Bread Margarine Low-fat Milk, Non-fat Chocolate Milk, Soy Milk</p> | |