



California School for the Deaf



High School Menu

March 18-22, 2019

Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal Scrambled Egg Wholegrain Toast Margarine, Jelly Non-fat Choc Milk Low-fat Milk Soy Milk	Fresh Fruit Bar Applesauce Wholegrain Assorted Cereal Wholegrain Zee Bar Choc Milk Non-fat Milk Low-fat Soy Milk	Fresh Fruit Bar Banana Wholegrain Assorted Cereal Wholegrain Toast Jelly Margarine Choc Milk Non-fat Milk Low-fat Soy Milk	Fresh Fruit Bar Apple Juice Wholegrain Assorted Cereal Breakfast Burrito Salsa Choc Milk Non-fat Milk Low-fat Soy Milk Wholegrain Tortilla With Melted Cheese	Fresh Fruit Bar Assorted Juice Wholegrain Assorted Cereal Hash Brown Wholegrain Toast Low-sodium Catsup Choc Milk Non-fat Milk Low-fat Soy Milk
Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Applesauce Ceaser Salad Wholegrain Calzone Mozzarella Bread Sticks Marinara Sauce Non-fat Choc Low-fat Milk Soy Milk Cheese Pizza	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Fruit Cocktail Orange Chicken Thighs Wholegrain Rice Pilaf Peas Fresh Wholegrain Dinner Roll Milk Low-fat, Non-fat Choc Non-fat Milk Veggie Chicken Breast	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Juice Box 2 Large Taco Lettuce, Tomato, Grated Cheese Mexicali Corn Fresh Salsa Low-fat Milk Non-fat Choc Milk Soy Milk Veggie Taco	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Mixed Berry Cup Turkey Sandwich Lettuce Tomato Wholegrain Marconi Salad Green Beans Mayo And Mustard Popsicle Milk Low-fat, Non-fat Choc Non-fat Milk Veggie Chicken Strips	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Grape Juice Beef Ravioli With Meat Sauce Fresh Dinner Roll Peas Margarine Low-fat Milk Non-fat Choc Milk Soy Milk Cheese Raviola Marinara Sauce
Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Peaches Beef Tamale Spanish Rice Sour Cream Salsa Ice Cream Cup Milk Low-fat, Soy Cheese Tamale	Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit Polish Sausage Catsup Mustard Sautéed Green Beans Potato Wedges Hoagie Roll Margarine Milk, Low-fat, Soy Choc Non-fat Milk Veggie Burger	Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Fresh Melon Clam Chowder Sourdough Grilled Cheddar Cheese Sandwich Broccoli Non-fat Choc Milk Low-fat Milk Soy Milk Potato Soup	Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Cucumber Slices Applesauce Tri-Tip Baked Potato Baby Carrots Biscuit Honey Margarine Sour Cream Milk Low-fat, Soy Milk Veggie Burger Patty	

This institution is an equal opportunity provider