



**California School for the Deaf**  
**High School Menu**  
**April 15-19, 2019**

<p>Fresh Fruit Bar  Orange Juice  Wholegrain Assorted Cereal  Wholegrain French Toast  Margarine  Syrup  Chocolate Milk Non-fat  Milk Low-fat, Soy</p>	<p>Fresh Fruit Bar  Apple Juice  Wholegrain Honey Nut Cereal  Wholegrain Muffin  Mozzarella  Cheese Stick  Chocolate Milk Non-fat  Milk Low-fat, Soy</p>	<p>Fresh Fruit Bar  Banana  Wholegrain Assorted Cereal  Breakfast Potato  Fried Egg  Low-sodium Catsup  Wholegrain Toast  Margarine Jelly  Chocolate Milk  Non-fat Milk Low-fat, Soy</p>	<p>Fresh Fruit Bar  Melon Slice  Wholegrain Assorted Cereal  Wholegrain Waffle  Margarine  Syrup  Chocolate Milk Non-fat  Milk Low-fat, Soy</p>	
<p>Super Greens  Salad Bar  Low-fat/Fat-free Dressing  Fresh Fruit Bar  Orange Sections  Tuna Salad On  Wholegrain Bread  Peas  Elf Grahams  Mayo Mustard  Milk Low-fat, Chocolate  Non-fat Soy Milk  Veggie Chicken Sandwich</p>	<p>Super Greens  Salad Bar  Low-fat/Fat-free Dressing  Fresh Fruit Bar  Wholegrain South  Western Chicken  Pasta  Green Beans  Wholegrain Bread  Margarine  Canned Pears  Milk Low-fat,  Chocolate Non-fat  Soy Milk  Veggie South  Western Chicken  Pasta</p>	<p>Super Greens  Salad Bar  Low-fat/Fat-free Dressing  Fresh Fruit Bar  Canned Peaches  Hamburger  French Fries  Broccoli  Lettuce Tomato  Sliced Onion  Catsup, Mustard  Mayo  Milk Low-fat,  Chocolate Non-fat  Soy Milk</p>	<p>Super Greens  Salad Bar  Low-fat/Fat-free Dressing  Fresh Fruit Bar  Celery Sticks  Capri Sun Juice Box  Nachos With Cheese  Sauce And Meat  Fresh Salsa  Milk Low-fat, Chocolate  Non-fat Soy Milk  Nachos With Cheese  Sauce &amp;  Veggie Taco Meat</p>	
<p>Super Greens  Salad Individual Bowls  Low-fat, Fat-free Dressings  Fresh Fruit Bar  Canned Fruit  Lemon Chicken  Fried Rice  Prince Edward Veg  Wholegrain Bread  Margarine  Milk, Low-fat, Soy  Chocolate Non-fat Milk  Butter Veggie Chicken  Breast</p>	<p>Super Greens  Salad Individual Bowls  Low-fat, Fat-free Dressings  Fresh Fruit Bar  Canned Fruit  Sweet &amp; Sour Pork  White Rice  Soy Sauce  Dinner Roll  Margarine  Milk, Low-fat, Soy  Chocolate Non-fat Milk  Tofu Chow  Mein</p>	<p>Super Greens  Salad Individual Bowls  Low-fat, Fat-free Dressings  Fresh Fruit Bar  Applesauce  Tri-Tip  Corn On The Cob  Margarine  Mashed Potato  Beef Gravy  Garlic Bread  Milk, Low-fat, Soy  Chocolate Non-fat Milk  Veggie Burger</p>		

This institution is an equal opportunity provider