

OCTOBER 2019 - Menus



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grades 9-12 Lunch

MENUS ARE SUBJECT TO CHANGE

	<p>10-1</p> <p>Chicken Tenders Buffalo Chicken Bites Artisan Roll Yogurt Parfait Wholesome Granola Deli Turkey & Cheese Sandwich Petite Baby Carrots - S Sweet Corn or Roasted Corn Fruit - S Frozen Juice Slush</p>	<p>10-2</p> <p>Philly Cheese Steak Sandwich WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Fresh Garden Salad or Lettuce & Tomato Ruffle Fries Fruit - S Fruit Juice</p>	<p>10-3</p> <p><i>New!</i> Mini Chicken Corn Dogs <i>New!</i> Golden Chicken Filet Sandwich Chicken Caesar & Cheesy Bread Yellow Submarine Sandwich Cucumber Coins Fiesta Pinto Beans or Campfire Baked Beans Fruit - S Fruit Juice</p>	<p>10-4</p> <p><i>New!</i> Cherry Blossom Chicken Bowl or Tangerine Chicken and Rice <i>New!</i> Grilled Beefy Burger or Grilled Beefy Cheeseburger Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - S <i>New!</i> Frozen Peach Pop Fruit Juice</p>
<p>10-7</p> <p><i>New!</i> PizzaBoli - V Whole Grain Cheese Pizza Wedge - V Yogurt Parfait Wholesome Granola - V Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Marinara Sauce Cup Mini Potato Tots Fruit Cup Fruit Juice</p>	<p>10-8</p> <p>Nacho Dip & Chips Buffalo Chicken Bites Artisan Roll Chicken Caesar & Cheesy Bread Deli Turkey & Cheese Sandwich Tangy Salsa Cup Fiesta Pinto Beans OR Campfire Baked Beans Fruit - S Frozen Juice Cup</p>	<p>10-9</p> <p>Oven Fried Chicken Drumstick Aloha Roll WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Celery Sticks Creamy Mashed Potatoes Fruit - S Fruit Juice</p>	<p>10-10</p> <p>All Star Turkey Hot Dog <i>New!</i> Golden Chicken Filet Sandwich Chicken Caesar & Cheesy Bread Yellow Submarine Sandwich Fresh Garden Salad or Lettuce & Tomato Waffle Cut Fries Fruit - S Fruit Juice</p>	<p>10-11</p> <p><i>New!</i> Teriyaki Beef Dipper Rice Bowl <i>New!</i> Grilled Beefy Burger or Grilled Beefy Cheeseburger Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - S <i>New!</i> Frozen Peach Pop Fruit Juice</p>
<p>10-14</p> <p><i>New!</i> Possible Burger - V Whole Grain Cheese Pizza Wedge - V Yogurt Parfait Wholesome Granola - V Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Sweet Corn OR Roasted Corn Petite Baby Carrots - S Fruit Cup Fruit Juice</p>	<p>10-15</p> <p>Beef & Cheese Taco Burrito Buffalo Chicken Bites Artisan Roll Chicken Caesar & Cheesy Bread Deli Turkey & Cheese Sandwich Cucumber Coins Roasted Potato Wedges Fruit - S Frozen Juice Slush</p>	<p>10-16</p> <p><i>New!</i> Cherry Blossom Chicken Bowl WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Fresh Garden Salad or Lettuce & Tomato Broccoli Buds Frozen Mixed Berry Cup Fruit Juice</p>	<p>10-17</p> <p><i>New!</i> Philly Cheese Steak Sandwich <i>New!</i> Golden Chicken Filet Sandwich Chicken Caesar & Cheesy Bread Yellow Submarine Sandwich Petite Baby Carrots - S Ruffle Fries Fruit - S Fruit Juice</p>	<p>10-18</p> <p><i>New!</i> Zesty Beef Chalupa with Rice <i>New!</i> Grilled Beefy Burger or Grilled Beefy Cheeseburger Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Tangy Salsa Cup Fiesta Pinto Beans OR Campfire Baked Beans <i>New!</i> Frozen Peach Pop Fruit Juice</p>

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

OCTOBER 2019 - Menus



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Grades 9-12 Lunch

MENUS ARE SUBJECT TO CHANGE

<p>10-21 Bean & Cheese Chimichanga - V Whole Grain Cheese Pizza Wedge - V Yogurt Parfait Wholesome Granola - V Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Tangy Salsa Cup Sweet Corn or Roasted Corn Fruit Cup Fruit Juice</p>	<p>10-22 Mesquite BBQ Pork Sandwich Buffalo Chicken Bites Artisan Roll Chicken Caesar & Cheesy Bread Deli Turkey & Cheese Sandwich Fresh Garden Salad or Lettuce & Tomato Mini Potato Tots Fruit - S Frozen Juice Cup</p>	<p>10-23 Oven Fried Chicken Drumstick Southern Buttermilk Biscuit WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Broccoli Buds Fiesta Pinto Beans or Campfire Baked Beans Fruit - S Fruit Juice</p>	<p>10-24 Salisbury Steak & Mashed Potatoes Aloha Roll New! Golden Chicken Filet Sandwich Chicken Caesar & Cheesy Bread Yellow Submarine Sandwich Celery Sticks Creamy Mashed Potatoes Fruit Cup Fruit Juice</p>	<p>10-25 Orange Meatball Rice Bowl New! Grilled Beefy Burger OR Grilled Beefy Cheeseburger Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - S New! Frozen Peach Pop Fruit Juice</p>
<p>10-28 Bean & Cheese Pupusa Curtido Slaw - V Whole Grain Cheese Pizza Wedge - V Yogurt Parfait Wholesome Granola - V Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Roasted Potato Wedges Petite Baby Carrots - S Fruit Cup Fruit Juice</p>	<p>10-29 Chicken Tenders, Homestyle Southern Buttermilk Biscuit Buffalo Chicken Bites Artisan Roll Chicken Caesar & Cheesy Bread Deli Turkey & Cheese Sandwich Cucumber Coins Sweet Corn or Roasted Corn Fruit - S Frozen Juice Slush</p>	<p>10-30 Philly Cheese Steak Sandwich WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Waffle Cut Fries Petite Baby Carrots - S Fruit Cup Fruit Juice</p>	<p>10-31 Mini Chicken Corn Dog New! Golden Chicken Filet Sandwich Chicken Caesar & Cheesy Bread Yellow Submarine Sandwich Fresh Garden Salad or Lettuce & Tomato Fiesta Pinto Beans or Campfire Baked Beans Fruit - S Fruit Juice</p>	

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

Posted 09/19/19

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

Visit us @ <http://achieve.lausd.net/cafela>

For more information call (213) 241-6422

This Institution is an equal opportunity provider. | Esta institución es un proveedor que ofrece igualdad de oportunidades.