



CALIFORNIA SCHOOL FOR AND DEAF

**MENU**

NOVEMBER 12-16, 2018

<p>Fresh Fruit Bar Orange Juice Cup Wholegrain Berry Kix Cereal Scrambled Eggs Catsup Wholegrain Toast Margarine, Jelly Chocolate Milk Nonfat Milk Low-fat Nonfat Soy Milk</p>	<p>Fresh Fruit Bar Canned Fruit Wholegrain Assorted Cereal Egg McMuffin Margarine, Syrup  Chocolate Milk Nonfat Milk Low-fat, Nonfat Soy Milk</p>	<p>Fresh Fruit Bar Banana Wholegrain Cheerios Wholegrain Muffin *Pork Sausage  Chocolate Milk Nonfat Milk Low-fat, Nonfat Soy Milk</p>	<p>Fresh Fruit Bar Fresh Fruit Salad Wholegrain Assorted Cereal Wholegrain Assorted Bagel Cream Cheese &amp; Jelly Chocolate Milk Nonfat Milk Nonfat, Low-fat Soy Milk</p>	<p>Fresh Fruit Bar Assorted Juice Wholegrain Frosted Flakes Hash Browns Catsup Wholegrain Biscuit Margarine, Jelly Chocolate Milk Nonfat Milk Low-fat, Nonfat Soy Milk</p>
<p>Supergreens Salad Bar Low-fat/Fat-Free Dressing Fresh Fruit Bar Apple Juice Wholegrain Spagettini Meatballs Marinara Sauce Broccoli Wholegrain Dinner Roll Margarine Milk Low-fat, Nonfat Chocolate Nonfat Milk Cheese Ravioli</p>	<p>Supergreens Salad Bar Low-fat/Fat-Free Dressing Fresh Fruit Bar Celery Sticks With Ranch Dressing Pineapple Tidbits Ham And Cheese On Wholegrain Hoagie Roll Lettuce, Tomato Catsup, Mayo, Mustard Milk Low-fat, Nonfat Chocolate Nonfat Milk Sliced Cheese On Hoagie Roll</p>	<p>Fresh Fruit Bar Sparkling Punch Cranberry Jelly Roast Turkey Mashed Potato Gravy Bread Dressing Broccoli Dinner Rolls Butter Pats Pumpkin Pie Whipped Topping Milk Low-fat, Chocolate Nonfat Soy Milk Veggie Chicken</p>	<p>Supergreens Salad Bar Low-fat/Fat-Free Dressing Fresh Fruit Bar Fruit Cocktail  Wholegrain Bean &amp; Cheese Burrito Wholegrain Spanish Rice Mexican Corn Churro Milk Low-fat, Nonfat Chocolate Nonfat Milk Wholegrain Bean &amp;Cheese Burrito</p>	<p>Supergreens Salad Bar Low-fat/Fat-Free Dressing Fresh Fruit Bar Orange Sections Chicken Nuggets Wholegrain Rice Pilaf Peas Wheat Dinner Roll/Margarine Catsup, Barbeque Sauce Ice Cream Cup Milk Low-fat, Nonfat, Chocolate Nonfat Milk Veggie Strips</p>
<p>Supergreens Salad Bar Low-fat, Nonfat Dressings Fresh Fruit Bar Baked Mac &amp; Cheese Ham Broccoli Wholegrain Wheat Bread Margarine Canned Fruit  Low-fat, Nonfat, Chocolate Milk</p>	<p>Supergreens Salad Bar Low-fat, Nonfat Dressings Fresh Fruit Bar Chicken Fried Steak Egg Noodles Carrot Coins Canned Fruit Wholegrain Dinner Roll Margarine Catsup Low-fat, Nonfat Chocolate Milk Soy Milk</p>	<p>Supergreens Salad Bar Low-fat, Fat-Free Dressings Fresh Fruit Bar Ravioli With Marinara Sauce Peas Bread Sticks Margarine Sliced Peaches  Low-fat, Nonfat, Chocolate Milk</p>	<p>Super-greens Salad Bar Low-fat, Fat-Free Dressings Fresh Fruit Bar Cantaloupe Slice *Twice Cooked Pork Chow Mein Noodles Stir Fry Chinese Veg Veggie Spring Rolls Fortune Cookie  Low-fat, Nonfat, Chocolate Milk</p>	<p>*Contains Pork  **Menu Subject To Change Without Notice**  Have A Great Weekend!</p>