



California School for the Deaf
High School Menu
 March 11-15, 2019

Fresh Fruit Bar Orange Juice Cup Wholegrain Berry Kix Cereal Scrambled Eggs Wholegrain Toast Margarine, Jelly Choc Milk Non-Fat Milk Low-Fat Non-Fat Soy Milk	Fresh Fruit Bar Canned Fruit Wholegrain Assorted Cereal Toasted English Muffin Margarine Choc Milk Non-Fat Milk Low-Fat, Non-Fat Soy Milk	Fresh Fruit Bar Banana Wholegrain Cheerios Cinnamon Roll Choc Milk Non-Fat Milk Low-Fat, Non-Fat Soy Milk	Fresh Fruit Bar Fresh Fruit Salad Wholegrain Assorted Cereal Wholegrain Waffle Low-Calorie Syrup, Margarine *Pork Sausage Ls Choc Milk Non-Fat Milk Non-Fat, Low-Fat Soy Milk	Fresh Fruit Bar Assorted Juice Wholegrain Frosted Flakes Hash Browns Wholegrain Toast Margarine, Jelly Choc Milk Non-Fat Milk Low-Fat, Non-Fat Soy Milk
Super Greens Salad Bar Low-Fat/Fat-Free Dressing Fresh Fruit Bar Fresh Melon Hamburger On Wholegrain Hamburger Bun Ketchup Packet Mustard Packet Mayo Light Lettuce Tomato Sliced Onion Peas Milk Low-Fat, Non-Fat Choc Soy Milk Veggie Burger	Super Greens Salad Bar Low-Fat/Fat-Free Dressing Fresh Fruit Bar Baby Carrots Apple Slices Sliced Turkey On Wholegrain Bread Lettuce, Tomato Mayo, Mustard Wholegrain Cookie Milk Low-Fat, Non-Fat Choc Non-Fat Milk Sliced Cheese On Wholegrain Bread	Super Greens 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, Non-Fat Choc Non-Fat Milk Wholegrain Spagettini Veggie Meat Sauce	Super Greens Salad Bar Low-Fat/Fat-Free Dressing Fresh Fruit Bar Fruit Cocktail Wholegrain Bean & Cheese Burrito Wholegrain Spanish Rice Mexican Corn Salsa Milk Low-Fat, Non-Fat Choc Non-Fat Milk Wholegrain Bean &Cheese Burrito	Super Greens Salad Bar Low-Fat/Fat-Free Dressing Fresh Fruit Bar Orange Sections Chicken Nuggets Wholegrain Rice Pilaf Peas Catsup Ice Cream Cup Milk Low-Fat, Non-Fat, Choc Non-Fat Milk Veggie Chicken Breaded Strips
Super Greens Salad Bar Low-Fat, Non-Fat Dressings Fresh Fruit Bar Catfish Au gratin Potato Broccoli Wholegrain Wheat Bread Margarine Tartar Sauce Canned Fruit Low-Fat, Non-Fat, Choc Milk	Super Greens Salad Bar Low-Fat, Non-Fat Dressings Fresh Fruit Bar Chicken Fried Steak Fresh Mashed Potato Gravy Carrot Coins Canned Fruit Wholegrain Dinner Roll Margarine Catsup Low-Fat, Non-Fat Choc Milk Soy Milk	Super Greens Salad Bar Low-Fat, Fat-Free Dressings Fresh Fruit Bar BBQ Chicken Egg Noodles Roasted Squash Wheat Bread Margarine Sliced Peaches Low-Fat, Non-Fat, Choc Milk	Super Greens Salad Bar Low-Fat, Fat-Free Dressings Fresh Fruit Bar Cantaloupe Slice Corn Beef Steamed Cabbage Steamed Baby Carrots Cake With Green Icing Low-Fat, Non-Fat, Choc Milk	*Contains Pork **Menu Subject To Change Without Notice** Have A Great Weekend!