



# Grades K-5 Lunch December 2018 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12-3</b> ★ Bean & Cheese Bowl - <b>V</b> ★ Crunchy Tortilla Chips - <b>S</b> ★★ Toasted Cheese Sandwich - <b>V</b> ★ Sweet Corn ★ Salsa Cup ★ Fruit - <b>S</b> ★ Got Milk	<b>12-4</b> ★ Oven Fried Chicken Drumstick ★★ Deli Turkey & Cheese Sandwich ★ Artisan Roll - <b>S</b> ★ Roasted Potato Wedges ★ Fresh Garden Salad ★ Frozen Fruit Cup ★ Got Milk	<b>12-5</b> ★★ Philly Cheese Steak Sandwich ★★ Chicken Caesar and Cheesy Bread ★ Fiesta Pinto Beans ★ Petite Baby Carrots - <b>S</b> ★ Fruit Cup ★ Got Milk	<b>12-6</b> ★★ Whole Grain Rich Pepperoni Pizza ★★ Pastrami & Cheese Croissant ★ Fresh Garden Salad ★ Asian Cucumber Salad ★ Fruit - <b>S</b> ★ Got Milk	<b>12-7</b> ★★ Turkey Burger ★★ Yellow Submarine Sandwich or ★★ Classic Tuna Sandwich ★ Crinkle Cut Potatoes ★ Petite Baby Carrots - <b>S</b> ★ Frozen Juice Cup ★ Got Milk
<b>12-10</b> ★★ Whole Grain Deep Dish Cheese Pizza - <b>V</b> ★★ Toasted Cheese Sandwich - <b>V</b> ★ Mini Potato Tots ★ Petite Baby Carrots - <b>S</b> ★ Fruit - <b>S</b> ★ Got Milk	<b>12-11</b> ★★ Crispy Filet Chicken Sandwich ★★ Deli Turkey & Cheese Sandwich ★ Sweet Corn ★ Fresh Garden Salad ★ Frozen Fruit Cup ★ Got Milk	<b>12-12</b> ★★ All Star Turkey Hot Dog ★★ Yellow Submarine Sandwich ★ Crinkle Cut Potatoes ★ Petite Baby Carrots - <b>S</b> ★ Fruit - <b>S</b> ★ Got Milk	<b>12-13</b> ★★ Sliced Turkey and Gravy with Stuffing ★★ California Chicken Wrap ★ Artisan Roll - <b>S</b> ★ Creamy Mashed Potatoes ★ Celery Sticks ★ Fruit Cup ★ Got Milk	<b>12-14</b> ★★ Manager's Choice ★★ Classic Tuna Sandwich ★ Fiesta Pinto Beans ★ Petite Baby Carrots - <b>S</b> ★ Frozen Juice Slush ★ Got Milk
<b>12-17</b> ★★ Whole Grain Deep Dish Cheese Pizza - <b>V</b> ★ Fresh Garden Salad ★ Petite Baby Carrots - <b>S</b> ★ Fruit - <b>S</b> ★ Got Milk	<b>12-18</b> ★ Chicken Tenders ★ Corn Muffin ★ Roasted Potato Wedges ★ Cucumber Coins ★ Frozen Fruit Cup ★ Got Milk	<b>12-19</b> ★ Salisbury Steak with Gravy ★ Artisan Roll - <b>S</b> ★ Creamy Mashed Potatoes ★ Petite Baby Carrots - <b>S</b> ★ Fruit - <b>S</b> ★ Got Milk	<b>12-20</b> ★★ Turkey Burger ★ Fiesta Pinto Beans ★ Fresh Garden Salad ★ Fruit Cup ★ Got Milk	<b>12-21</b> ★ Oven Fried Chicken Drumstick ★ Artisan Roll - <b>S</b> ★ Waffle Fries ★ Petite Baby Carrots - <b>S</b> ★ Frozen Juice Cup ★ Got Milk
<b>12-24</b>	<b>12-25</b>	<b>12-26</b>	<b>12-27</b>	<b>12-28</b>
<h2 style="color: red;">WINTER RECESS – Happy Holiday Season!</h2>				

**All of the Grain/Bread items served are Whole Grain Rich.**  
 Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat  
 ★: For a reimbursable meal, pick at least 3 ★'s. **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

**MENUS ARE SUBJECT TO CHANGE**

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

Posted 11/27/18

For more information call (213) 241-6422

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