



March 2019 - Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grades 9-12 Lunch

MENUS ARE SUBJECT TO CHANGE

				<p>3-1</p> <ul style="list-style-type: none"> ★★ Café LA Burger or Café LA Cheeseburger ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread ★ Fresh Garden Salad ★ Petite Baby Carrots - S ★ Fruit - S ★ Frozen Juice Cup ★ Got Milk
<p>3-4</p> <ul style="list-style-type: none"> ★★ Cheese Ravioli - V ★ Artisan Roll ★★ Whole Grain Cheese Pizza Wedge - V ★★ Cheesy Pretzel Sandwich - V ★★ Yogurt Parfait Wholesome Granola - V ★ Waffle Fries ★ Petite Baby Carrots - S ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	<p>3-5</p> <ul style="list-style-type: none"> ★ Oven Fried Chicken Drumstick ★ Corn Muffin ★★ Deli Turkey & Cheese Sandwich ★★ Tuna Salad Plate Pretzel Roll ★ Fiesta Pinto Beans ★ Fresh Garden Salad ★ Fruit - S ★ Frozen Juice Slush ★ Got Milk 	<p>3-6</p> <ul style="list-style-type: none"> ★★ Whole Grain Pepperoni Pizza ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	<p>3-7</p> <ul style="list-style-type: none"> ★★ Manager's Choice ★★ Turkey Ham & Cheese Melt ★★ Chinese Chicken Salad ★ Aloha Roll - S ★ Roasted Potato Wedges ★ Asian Cucumber Salad ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>3-8</p> <ul style="list-style-type: none"> ★★ Teriyaki Beef Dipper Rice Bowl ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread ★ Broccoli Buds ★ Petite Baby Carrots - S ★ Fruit Cup ★ Fruit Juice ★ Got Milk
<p>3-11</p> <ul style="list-style-type: none"> ★ Fiesta Omelet - V ★ Southern Buttermilk Biscuit ★★ Whole Grain Cheese Pizza Wedge - V ★★ Teriyaki Veggie Patty Sandwich - V ★★ Yogurt Parfait Wholesome Granola - V ★ Golden Hash Brown Patties ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>3-12</p> <ul style="list-style-type: none"> ★ Chicken Tenders ★ Corn Muffin ★★ Deli Turkey & Cheese Sandwich ★★ Tuna Salad Plate Pretzel Roll ★ Cucumber Coins ★ Fresh Garden Salad ★ Fruit - S ★ Frozen Juice Cup ★ Got Milk 	<p>3-13</p> <ul style="list-style-type: none"> ★ Taco Bean Dip ★ Crunchy Tortilla Chips ★★ California Chicken Wrap ★★ Chicken Caesar & Cheesy Bread ★ Sweet Corn ★ Tangy Salsa Cup ★ Dried Cranberries ★ Fruit Juice ★ Got Milk 	<p>3-14</p> <ul style="list-style-type: none"> ★ Mini Chicken Corn Dogs ★★ Turkey Ham & Cheese Melt ★★ Chinese Chicken Salad ★ Aloha Roll - S ★ Ruffle Fries ★ Fresh Garden Salad ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	<p>3-15</p> <ul style="list-style-type: none"> ★ Mesquite BBQ Pork Sandwich ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread ★ Fiesta Pinto Beans ★ Petite Baby Carrots - S ★ Dried Cranberries ★ Fruit Juice ★ Got Milk



March 2019 - Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grades 9-12 Lunch

MENUS ARE SUBJECT TO CHANGE

3-18

- ★★ Cheese Ravioli -V
- ★ Artisan Roll
- ★★ Whole Grain Cheese Pizza Wedge -V
- ★★ Yogurt Parfait Wholesome Granola -V
- ★ Golden Hash Brown Patties
- ★ Petite Baby Carrots - S
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

3-19

- ★★ Philly Cheese Steak Sandwich
- ★★ Deli Turkey & Cheese Sandwich
- ★★ Tuna Salad Plate
- ★ Pretzel Roll
- ★ Sweet Corn
- ★ Fresh Garden Salad
- ★ Fruit - S
- ★ Frozen Juice Slush
- ★ Got Milk

3-20

- ★★ Beef Taco & Cheese Chimichanga
- ★★ Pastrami & Cheese Croissant
- ★★ Chicken Caesar & Cheesy Bread
- ★ Fiesta Pinto Beans
- ★ Petite Baby Carrots - S
- ★ Fruit - S
- ★ Fruit Juice
- ★ Got Milk

3-21

- ★★ Crispy Chicken Filet Sandwich
- ★★ Turkey Ham & Cheese Melt
- ★★ Chinese Chicken Salad
- ★ Aloha Roll - S
- ★ Roasted Potato Wedges
- ★ Celery Sticks
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

3-22

- ★★ Tangerine Chicken & Fried Rice Bowl
- ★★ Classic Tuna Sandwich
- ★★ Chicken Caesar & Cheesy Bread
- ★ Broccoli Buds
- ★ Petite Baby Carrots - S
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

3-25

- ★★ Bean & Cheese Pupusa Curtido Slaw -V
- ★★ Whole Grain Cheese Pizza Wedge -V
- ★★ Cheesy Pretzel Sandwich -V
- ★★ Yogurt Parfait Wholesome Granola -V
- ★ Ruffle Fries
- ★ Petite Baby Carrots - S
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

3-26

- ★ Taco Bean Dip
- ★ Crunchy Tortilla Chips
- ★★ Deli Turkey & Cheese Sandwich
- ★★ Tuna Salad Plate Pretzel Roll
- ★ Fiesta Pinto Beans
- ★ Fresh Garden Salad
- ★ Fruit - S
- ★ Frozen Juice Cup
- ★ Got Milk

3-27

- ★★ Salisbury Steak
- ★ Artisan Roll
- ★★ California Chicken Wrap
- ★★ Chicken Caesar & Cheesy Bread
- ★ Mashed Potatoes
- ★ Petite Baby Carrots - S
- ★ Dried Cranberries
- ★ Fruit Juice
- ★ Got Milk

3-28

- ★★ Manager's Choice
- ★★ Turkey Ham & Cheese Melt
- ★★ Chinese Chicken Salad
- ★ Aloha Roll - S
- ★ Fiesta Pinto Beans
- ★ Cucumber Coins
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

3-29

- ★★ Café LA Burger or Café LA Cheeseburger
- ★★ Classic Tuna Sandwich
- ★★ Chicken Caesar & Cheesy Bread
- ★ Fresh Garden Salad
- ★ Petite Baby Carrots - S
- ★ Dried Cranberries
- ★ Frozen Juice Cup
- ★ Got Milk

Posted 02/27/19

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

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.