



California School for the Deaf
Elementary Menu
 April 29 - May 3, 2019

Fresh Fruit Bar Orange Juice Cup Wholegrain Berry Kix Cereal Wholegrain Toast Margarine, Jelly Chocolate Milk Non-fat Milk Low-fat Non-fat Soy Milk	Fresh Fruit Bar Canned Fruit Wholegrain Assorted Cereal Pancake Syrup Margarine Chocolate Milk Non-fat Milk Low-fat, Non-fat Soy Milk	Fresh Fruit Bar Banana Wholegrain Cheerios Cinnamon Roll Chocolate 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 Chocolate Milk Non-fat Milk Non-fat, Low-fat Soy Milk	Fresh Fruit Bar Assorted Juice Wholegrain Frosted Flakes Wholegrain Toast Low-sodium Catsup Margarine, Jelly Chocolate Milk Non-fat Milk Low-fat, Non-fat Soy Milk
Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Fresh Melon Small Hamburger On Wholegrain Hamburger Bun Ketchup Packet Mustard Packet Mayo Light Lettuce Tomato Sliced Onion Peas Milk Low-fat, Non-fat Chocolate Soy Milk Veggie Burger	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Apple Slices Tomato Soup Wholegrain Saltine Crackers 1/2 Grilled Cheese On Wholegrain Bread Wholegrain Cookie Milk Low-fat, Non-fat Chocolate Non-fat Milk	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Apple Juice Wholegrain American Style Spaghettini With Meat Sauce Broccoli Wholegrain Dinner Roll Margarine Milk Low-fat, Non-fat Chocolate Non-fat Milk Wholegrain Spaghettini Veggie Meat Sauce	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Fruit Cocktail Wholegrain Bean & Cheese Burrito Mexican Corn Salsa Milk Low-fat, Non-fat Chocolate Non-fat Milk Wholegrain Bean &Cheese Burrito	Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Orange Sections 4 Chicken Nuggets Wholegrain Pasta With Marinara Sauce Peas Low-sodium Catsup Ice Cream Cup Milk Low-fat, Non-fat, Chocolate 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, Chocolate 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 Chocolate 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, Chocolate Milk	Super Greens Salad Bar Low-fat, Fat-free Dressings Fresh Fruit Bar Cantaloupe Slice Breaded Pork Chops Steamed Red Potato Green Beans Dinner Roll Margarine Low-fat, Non-fat, Chocolate Milk	*Contains Pork **Menu Subject To Change Without Notice** Have A Great Weekend!