



**California School for the Deaf  
Middle School  
August 19 - 23, 2019**

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| <p>Fresh Fruit Bar<br/>Orange Juice Cup<br/>Wholegrain Assorted Cereal<br/>Wholegrain Waffle<br/>Low-sodium Pork Sausage<br/>Margarine<br/>Sf Syrup<br/>Chocolate Milk Non-fat<br/>Milk Low-fat Non-fat</p>                                      | <p>Fresh Fruit Bar<br/>Apple Juice Cup<br/>Wholegrain Assorted Cereal<br/>Yogurt Parfait<br/>Hard Boiled Egg<br/>Chocolate Milk Non-fat<br/>Milk Low-fat, Non-fat</p>  | <p>Fresh Fruit Bar<br/>Fresh Orange Sections<br/>Wholegrain Assorted Cereal<br/>Pancake<br/>Low-sodium Pork Sausage<br/>Margarine<br/>Syrup<br/>Chocolate Milk Non-fat<br/>Milk Low-fat, Soy Milk</p>   | <p>Fresh Fruit Bar<br/>Orange Juice<br/>Wholegrain Assorted Cereal<br/>Scrambled Eggs<br/>Hash Browns<br/>Wholegrain Toast<br/>Margarine Pc<br/>Jelly Pc<br/>Low-sodium Catsup<br/>Chocolate Milk Non-fat<br/>Milk Low-fat, Soy Milk</p>  | <p>Fresh Fruit Bar<br/>Assorted Juice<br/>Fresh Fruit Salad<br/>Wholegrain Assorted Cereal<br/>Breakfast Nachos<br/>Salsa<br/>Chocolate Milk Non-fat<br/>Milk Non-fat, Low-fat</p>  |
| <p>Super Greens Salad Bar<br/>Low-fat/Fat-free Dressing<br/>Fresh Fruit Bar<br/>Watermelon Slice<br/>Sloppy Joe On Wholegrain Bun<br/>Peas<br/>Wholegrain Cookie<br/>Milk Low-fat, Non-fat<br/>Chocolate Non-fat Milk<br/>Veggie Beef Sloppy</p> | <p>Super Greens Salad Bar<br/>Low-fat/Fat-free Dressing<br/>Fresh Fruit Bar<br/>Pineapple Tidbits<br/>Buffalo Chicken Wrap<br/>Gold Fish Crackers<br/>Milk Low-fat, Non-fat<br/>Chocolate Non-fat Milk<br/>Veggie Buffalo Chicken Wrap</p> | <p>Super Greens Salad Bar<br/>Low-fat/Fat-free Dressing<br/>Fresh Fruit Bar<br/>Juice Box<br/>Fish Sticks<br/>Broccoli<br/>Wholegrain Fresh Dinner Roll<br/>Margarine<br/>Tartar Sauce<br/>Veggie Chicken Strips<br/>Milk Low-fat, Non-fat<br/>Chocolate<br/>Soy Milk</p> | <p>Super Greens Salad Bar<br/>Low-fat/Fat-free Dressing<br/>Fresh Fruit Bar<br/>Watermelon<br/>Caesar Salad<br/>*Stroboli Squares<br/>Milk Low-fat, Non-fat<br/>Chocolate Non-fat Milk<br/>Veggie Chicken Stroboli Squares<br/>Low-fat Milk, Non-fat<br/>Chocolate Milk, Soy Milk</p> | <p>Super Greens Salad Bar<br/>Low-fat/Fat-free Dressing<br/>Fresh Fruit Bar<br/>Apple Juice<br/>Tomato Soup<br/>Wholegrain Saltine Crackers<br/>Grilled Cheese Sand On Wholegrain Bread<br/>Popsicle<br/>Low-fat Milk, Non-fat<br/>Chocolate Milk, Soy Milk</p> |
| <p>Super Greens Salad Bar<br/>Low-fat, Non-fat Dressings<br/>Fresh Fruit Bar<br/>Canned Peaches<br/>Fried Chicken<br/>Vegetarian<br/>Baked Beans<br/>Biscuit<br/>Margarine Honey<br/>Low-fat Milk, Non-fat<br/>Chocolate Milk, Soy Milk</p>      | <p>Super Greens Salad Bar<br/>Low-fat, Non-fat Dressings<br/>Fresh Fruit Bar<br/>Apricot 1/2<br/>American Style Spaghettni<br/>Garlic Bread<br/>Sautéed Green Beans<br/>Low-fat Milk, Non-fat<br/>Chocolate Milk, Soy Milk</p>             | <p>Super Greens Salad Bar<br/>Low-fat, Fat-free Dressings<br/>Fresh Fruit Bar<br/>Applesauce<br/>*Roast Pork<br/>Rice Pilaf<br/>Cauliflower &amp; Peas<br/>Wheat Bread<br/>Margarine<br/>Low-fat Milk, Non-fat<br/>Chocolate Milk, Soy Milk</p>                           | <p>Super Greens Salad Bar<br/>Low-fat, Fat-free Dressings<br/>Fresh Fruit Bar<br/>Green Chili &amp; Cheese<br/>Tamales<br/>Mexican Corn<br/>Refried Beans<br/>Salsa<br/>Sour Cream<br/>Low-fat Milk, Non-fat<br/>Chocolate Milk, Soy Milk</p>   | <p>*Contains Pork<br/>**Menu Subject To Change Without Notice**<br/>Have A Great Weekend!</p>   |

This institution is an equal opportunity provider