



California School for the Deaf

# Middle School Menu

February 11-15, 2019

<p>Fresh Fruit Bar Orange Juice Wholegrain Assorted Cereal</p> <p>Wholegrain French Toast Margarine Syrup</p> <p>Choc Milk Non-fat Milk Low-fat, Soy</p>	<p>Fresh Fruit Bar Apple Juice Wholegrain Honey Nut Cereal Wholegrain Muffin Mozzarella Cheese Stick</p> <p>Choc Milk Non-fat Milk Low-fat, Soy</p>	<p>Fresh Fruit Bar Banana Wholegrain Assorted Cereal Breakfast Potato Fried Egg Catsup Wholegrain Toast Margarine Jelly Choc Milk Non-fat Milk Low-fat, Soy</p>	<p>Fresh Fruit Bar Melon Slice Wholegrain Assorted Cereal Wholegrain Waffle Margarine Syrup Catsup Choc Milk Non-fat Milk Low-fat, Soy</p>	
<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Canned Mandarin Orange Sections 1 Piece Of Fish On Small Wholegrain Hamburger Bun Coleslaw Elf Grahams Tartar Sauce</p> <p>Milk Low-fat, Choc Non-fat Soy Milk</p> <p>Veggie Chicken Sandwich</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Wholegrain South Western Chicken Pasta Green Beans Wholegrain Bread Margarine Canned Pears Milk Low-fat, Choc Non-fat Soy Milk</p> <p>Veggie South Western Chicken Pasta</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Apricot Cup Hamburger French Fries Broccoli Lettuce Tomato Sliced Onion Catsup, Mustard Mayo Milk Low-fat, Choc Non-fat Soy Milk Veggie Burger</p>	<p>Super Greens Salad Bar Low-fat/Fat-free Dressing Fresh Fruit Bar Celery Sticks Capri Sun Juice Box Nachos With Cheese Sauce And Meat Fresh Salsa Sugar Cookie Milk Low-fat, Choc Non-fat Soy Milk</p> <p>Nachos With Cheese Sauce &amp; Veggie Taco Meat</p>	
<p>Super Greens Salad Individual Bowls Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit Chicken Rice Pilaf Honey Carrots Dinner Roll Margarine</p> <p>Milk, Low-fat, Soy Choc Non-fat Milk</p> <p>Lemon Veggie Chicken Breast</p>	<p>Super Greens Salad Individual Bowls Low-fat, Fat-free Dressings Fresh Fruit Bar Applesauce Pork Mashed Potato Gravy Capri Veggies Wholegrain Bread Margarine Catsup Milk, Low-fat, Soy Choc Non-fat Milk Veggie Burger</p>	<p>Super Greens Salad Individual Bowls Low-fat, Fat-free Dressings Fresh Fruit Bar Canned Fruit Beef Egg Noodles Corn Dinner Roll Margarine</p> <p>Milk, Low-fat, Soy Choc Non-fat Milk</p> <p>Veggie Braise Beef</p>		