



# Grades K-5 Lunch November 2017 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p> All of the Grain/Bread items served are whole grain.            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. <b>One ★ must be a fruit or vegetable</b>  <b>S</b>: Items with an (S) can be saved for later <b>V</b>: Vegetarian items            **Farm Fresh Fruits: Apple, Orange, Banana</p>		<p>11-1</p> <ul style="list-style-type: none"> <li>★ Taco Bean Dip</li> <li>★★ Yellow Submarine Sandwich</li> <li>★ Crunchy Tortilla Chips - <b>S</b></li> <li>★ Sweet Corn</li> <li>★ Tangy Salsa Cup</li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-2</p> <ul style="list-style-type: none"> <li>★★ 3 Cheese Calzone - <b>V</b></li> <li>★★ Chicken Caesar and Cheesy Bread</li> <li>★ Marinara Sauce Cup</li> <li>★ Fresh Garden Salad</li> <li>★ Frozen Juice Cup</li> <li>★ Got Milk</li> </ul>	<p>11-3</p> <ul style="list-style-type: none"> <li>★★ Golden Chicken Filet Sandwich</li> <li>★★ Turkey &amp; Cheese Melt or</li> <li>★★ Classic Tuna Sandwich</li> <li>★ Roasted Potato Wedges</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>
<p>11-6</p> <ul style="list-style-type: none"> <li>★ Vegan Chili - <b>V</b></li> <li>★★ Premium Granola and Yogurt - <b>V</b></li> <li>★ Crunchy Tortilla Chips - <b>S</b></li> <li>★ Sidewinder Fries</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-7</p> <ul style="list-style-type: none"> <li>★ Oven Fried Chicken Drumstick</li> <li>★ Southern Buttermilk Biscuit - <b>S</b></li> <li>★★ Italian Chopped Salad</li> <li>★ Artisan Roll - <b>S</b></li> <li>★ Fiesta Pinto Beans or Campfire Baked Beans</li> <li>★ Sweet Corn</li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-8</p> <ul style="list-style-type: none"> <li>★★ Crispy Beef Taquitos</li> <li>★★ Yellow Submarine Sandwich</li> <li>★ Tangy Salsa Cup</li> <li>★ Fresh Garden Salad</li> <li>★ Fruit Cup</li> <li>★ Sweet Corn</li> <li>★ Got Milk</li> </ul>	<p>11-9</p> <ul style="list-style-type: none"> <li>★★ Teriyaki Beef Dipper Rice Bowl</li> <li>★★ Chicken Caesar and Cheesy Bread</li> <li>★ Broccoli Buds</li> <li>★ Veggie Medley</li> <li>★ Frozen Juice Slush</li> <li>★ Got Milk</li> </ul> 	<p>11-10</p> <h2 style="text-align: center; color: red;">Veterans Day Holiday</h2>
<p>11-13</p> <ul style="list-style-type: none"> <li>★★ Cheesy Mac - <b>V</b></li> <li>★★ Premium Granola and Yogurt - <b>V</b></li> <li>★ Sidewinder Fries</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-14</p> <ul style="list-style-type: none"> <li>★★ Mesquite BBQ Pork Sandwich</li> <li>★★ Italian Chopped Salad</li> <li>★ Artisan Roll - <b>S</b></li> <li>★ Fiesta Pinto Beans or Campfire Baked Beans</li> <li>★ Mini Potato Tots</li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-15</p> <ul style="list-style-type: none"> <li>★★ Zesty Beef Chalupa</li> <li>★★ Yellow Submarine Sandwich</li> <li>★ Fresh Garden Salad</li> <li>★ Tangy Salsa Cup</li> <li>★ Fruit Cup</li> <li>★ Got Milk</li> </ul>	<p>11-16</p> <ul style="list-style-type: none"> <li>★ Sliced Turkey &amp; Gravy with Stuffing</li> <li>★ Southern Buttermilk Biscuit</li> <li>★★ Chicken Caesar and Cheesy Bread</li> <li>★ Fluffy Mashed Potatoes</li> <li>★ Veggie Medley</li> <li>★ Frozen Juice Cup</li> <li>★ Got Milk</li> </ul>	<p>11-17</p> <ul style="list-style-type: none"> <li>★★ Manager's Choice</li> <li>★★ Manager's Choice</li> <li>★ Roasted Potato Wedges</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>
<p>11-20</p> <ul style="list-style-type: none"> <li>★ Vegan Chili - <b>V</b></li> <li>★★ Premium Granola and Yogurt - <b>V</b></li> <li>★ Crunchy Tortilla Chips - <b>S</b></li> <li>★ Sidewinder Fries</li> <li>★ Petite Baby Carrots - <b>S</b></li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-21</p> <ul style="list-style-type: none"> <li>★★ Savory Sausage Flatbread</li> <li>★★ Italian Chopped Salad</li> <li>★ Artisan Roll - <b>S</b></li> <li>★ Mini Potato Tots</li> <li>★ Veggie Medley</li> <li>★ Fruit Cup - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-22</p> <ul style="list-style-type: none"> <li>★★★ Manager's Choice</li> <li>★★ Manager's Choice</li> <li>★ Sweet Corn</li> <li>★ Tangy Salsa Cup</li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-23</p> <h2 style="color: red;">Have a Happy Thanksgiving Day Holiday!</h2> 	
<p>11-27</p> <ul style="list-style-type: none"> <li>★★ Garlicky Cheese Bread - <b>V</b></li> <li>★★ Premium Granola and Yogurt - <b>V</b></li> <li>★★ Petite Baby Carrots - <b>S</b></li> <li>★ Marinara Sauce Cup</li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-28</p> <ul style="list-style-type: none"> <li>★★ All Star Turkey Hot Dog</li> <li>★★ Italian Chopped Salad</li> <li>★ Artisan Roll</li> <li>★ Fiesta Pinto Beans or Campfire Baked Beans</li> <li>★ Sweet Corn</li> <li>★ Fruit Cup</li> <li>★ Got Milk</li> </ul>	<p>11-29</p> <ul style="list-style-type: none"> <li>★ Taco Bean Dip</li> <li>★★ Yellow Submarine Sandwich</li> <li>★ Crunchy Tortilla Chips - <b>S</b></li> <li>★ Tangy Salsa Cup</li> <li>★ Veggie Medley</li> <li>★ Fruit - <b>S</b></li> <li>★ Got Milk</li> </ul>	<p>11-30</p> <ul style="list-style-type: none"> <li>★★ 3 Cheese Calzone - <b>V</b></li> <li>★★ Chicken Caesar and Cheesy Bread</li> <li>★ Sidewinder Fries</li> <li>★ Fresh Garden Salad</li> <li>★ Frozen Juice Cup</li> <li>★ Got Milk</li> </ul>	

**MENUS ARE SUBJECT TO CHANGE**

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.