# August 2018 - Menus

## Grades K-5 Breakfast

*MENUS ARE SUBJECT TO CHANGE*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | **8-1**<br>★ French Toast Trio **V**<br>★ Fruit Cup<br>★ Fruit Juice<br>★ Got Milk | **8-2**<br>★ Crunchy Cereal **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-3**<br>★ Fiesta Bean & Cheese Burrito **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk |
| **8-6**<br>★ French Toast Trio **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-7**<br>★ Fiesta Bean & Cheese Burrito **V**<br>★ Fruit Cup<br>★ Fruit Juice<br>★ Got Milk | **8-8**<br>★ Egg, Cheese & Turkey Sausage Wrap<br>★ Fruit – **S**<br>★ Fruit Juice<br>★ Got Milk | **8-9**<br>★ Morning Beef Sausage Sandwich<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-10**<br>★ Café LA Coffee Cake – **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk |
| **8-13**<br>★ Cinnamony Pancakes or French Toast Trio **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-14**<br>★ Crunchy Cereal with String Cheese **V**<br>★ Fruit – **S**<br>★ Fruit Juice<br>★ Got Milk | **8-15**<br>★ Fiesta Bean & Cheese Burrito **V**<br>★ Fruit – **S**<br>★ Fruit Juice<br>★ Got Milk | **8-16**<br>★ Egg & Cheese Sandwich **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-17**<br>★ Grape Crescent – **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk |
| **8-20**<br>★ Crunchy Cereal with Yogurt **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-21**<br>★ Egg & Cheese Wrap **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-22**<br>★ Cinnamony Pancakes or French Toast Trio **V**<br>★ Fruit – **S**<br>★ Fruit Juice<br>★ Got Milk | **8-23**<br>★ Beef Chorizo & Cheese Wrap<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-24**<br>★ Café LA Coffee Cake – **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk |
| **8-27**<br>★ Cinnamony Pancakes or French Toast Trio **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-28**<br>★ Morning Beef Sausage Sandwich<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-29**<br>★ Fiesta Bean & Cheese Burrito **V**<br>★ Fruit – **S**<br>★ Fruit Juice<br>★ Got Milk | **8-30**<br>★ Egg & Cheese Sandwich **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk | **8-31**<br>★ Bagel with Cream Cheese – **V**<br>★ Fruit– **S**<br>★ Fruit Juice<br>★ Got Milk |

All of the Grain/Bread items served are whole grain.
Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free
★: For a reimbursable meal, pick at least 3 ★'s. **One** ★ must be a fruit
**S**: Items with an (**S**) can be saved for later  **V**: Vegetarian items

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.