



# January 2018 - Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Grades 9-12 Breakfast

*MENUS ARE SUBJECT TO CHANGE*

1-1 <b>New Years Day!</b>	1-2 ★ Crunchy Cereal with Yogurt - <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-3 ★ Hawaiian Cheesy Ham Slider ★ Fruit Cup ★ Fruit Juice ★ Got Milk	1-4 ★ Café LA Coffee Cake - <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-5 ★ Chicken Biscuit ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk
1-8 ★ Cinnamon Pancakes <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-9 ★ Egg & Cheese Italiano Pocket- <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-10 ★ Morning Beef Sausage Sandwich ★ Fruit Cup ★ Fruit Juice ★ Got Milk	1-11 ★ Breakfast Cheese Bagel ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-12 ★ Fiesta Bean & Cheese Burrito <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk
1-15 <b>Dr. Martin L. King, Jr's Birthday Holiday!</b>	1-16 ★ Café LA Coffee Cake - <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-17 ★ Chicken Biscuit ★ Fruit Cup ★ Fruit Juice ★ Got Milk	1-18 ★ Hawaiian Cheesy Ham Slider ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-19 ★ Manager's Choice ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk
1-22 ★ French Toast Trio <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-23 ★ Egg & Cheese Italiano Pocket- <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-24 ★ Apple Stuffed Bagel Bar - <b>V</b> ★ Fruit Cup ★ Fruit Juice ★ Got Milk	1-25 ★ Morning Beef Sausage Sandwich ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-26 ★ Fiesta Bean & Cheese Burrito <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk
1-29 ★ Cinnamon Pancakes <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-30 ★ Crunchy Cereal with Yogurt - <b>V</b> ★ Fruit- <b>S</b> ★ Fruit Juice ★ Got Milk	1-31 ★ Chicken Biscuit ★ Fruit Cup ★ Fruit Juice ★ 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.