May - Menus

	Grades K-5 Lunch May - Menus				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 ★: For a reimbursable meal, pick at least 3 ★'s. One ★ must be a fruit or vegetable S: Items with an (S) can be saved for later V: Vegetarian items **Farm Fresh Fruits: Apple, Orange, Banana 	5-1 * * Fiesta Omelet Southern Buttermilk Biscuit * * Chicken Caesar & Cheesy Bread * Mini Potato Tots * Tangy Salsa Cup * Frozen Juice Cup * Got Milk	5-2 ** 3-Cheese Calzone -V * Yellow Submarine Sandwich * Marinara Sauce Cup * Fresh Garden Salad * Fruit - S * Got Milk	5-3	5-4 ** Golden Chicken Filet Sandwich ** Deli Turkey & Cheese Sandwich or ** Classic Tuna Sandwich * Roasted Potato Wedges * Petite Baby Carrots - S * Fruit - S or Fruit Cup * Got Milk
	5-7 ★★ Garlicky Cheese Bread -V ★★ Premium Granola and Yogurt -V ★ Sidewinder Fries ★ Marinara Sauce Cup ★ Frozen Juice Cup ★ Got Milk	5-8 * Oven Fried Chicken Drumstick * Southern Buttermilk Biscuit - S * Chicken Caesar & Cheesy Bread * Fiesta Pinto Beans or Campfire Baked Beans * Petite Baby Carrots - S * Fruit Cup * Got Milk	5-9 * Taco Bean Dip * Crunchy Tortilla Chips - S * * Yellow Submarine Sandwich * Tangy Salsa Cup * Fresh Garden Salad * Fruit Cup * Got Milk	5-10 * Pork Chop Patty * Artisan Roll – S ** Chicken Caesar and Cheesy Bread * Fluffy Mashed Potatoes * Cucumber Slices * Fruit Cup * Got Milk	5-11 ** Café LA Burger or Café LA Cheeseburger ** Turkey & Cheese Melt or ** Classic Tuna Sandwich * Roasted Potato Wedges * Petite Baby Carrots - S * Fruit - S or Fruit Cup * Got Milk
L					
	5-14 ** Chile Cheese Tamale -V ** Premium Granola and Yogurt -V * Sidewinder Fries * Tangy Salsa Cup * Fruit - S * Got Milk	5-15 ** Smokin' BBQ Rib Sandwich * Chicken Caesar & Cheesy Bread * Fiesta Pinto Beans or Campfire Baked Beans * Mini Potato Tots * Frozen Juice Slush * Got Milk	5-16 * Oven Fried Chicken Drumstick * Yellow Submarine Sandwich * Southern Buttermilk Biscuit - S * Fresh Garden Salad * Petite Baby Carrots or Sweet Corn * Fruit - S or Fruit Cup * Got Milk	5-17 ** Teriyaki Beef Dipper Rice Bowl ** Chicken Caesar and Cheesy Bread * Broccoli Buds * Sweet Corn or Fresh Garden Salad * Juice Cup * Got Milk	5-18 ** Manager's Choice ** Deli Turkey & Cheese Sandwich or ** Classic Tuna Sandwich * Roasted Potato Wedges * Petite Baby Carrots - S * Fruit - S or Fruit Cup * Got Milk
	5-21 ** Cheesy Mac - V * Premium Granola and Yogurt -V * Sidewinder Fries * Petite Baby Carrots * Fruit – S * Got Milk	5-22 ** Mama's Meatball Sub * Chicken Caesar & Cheesy Bread * Fiesta Pinto Beans or Campfire Baked Beans * Mini Potato Tots * Frozen Juice Cup * Got Milk	5-23 ** Zesty Beef Chalupa * Yellow Submarine Sandwich * Fresh Garden Salad * Tangy Salsa Cup * Fruit - S or Fruit Cup * Got Milk	5-24 * Salisbury Steak * Southern Buttermilk Biscuit - S ** Chicken Caesar and Cheesy Bread * Fluffy Mashed Potatoes * Petite Baby Carrots - S * Fruit Cup * Got Milk	5-25 ** Café LA Burger or Café LA Cheeseburger ** Turkey & Cheese Melt or ** Classic Tuna Sandwich * Roasted Potato Wedges * Petite Baby Carrots - S * Fruit - S or Fruit Cup * Got Milk
	DAY HOLIDAY	5-29 * * Fiesta Omelet Southern Buttermilk Biscuit * * Toasted Cheese Sandwich -V * Petite Baby Carrots - S * Tangy Salsa Cup * Frozen Juice Cup * Got Milk	5-30 ★★ Cheesy Flatbread or Chile Cheese Tamale -♥ ★★ Yellow Submarine Sandwich ★ Sweet Corn ★ Fresh Garden Salad ★ Fruit - \$ or Fruit Cup ★ Got Milk	5-31	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
	MENUS ARE SUBJECT TO CHANGE				

Visit us @ http://achieve.lausd.net/cafela

Carlo I

For more information call (213) 241-6422

This Institution is an equal opportunity provider. | Esta institución es un proveedor que ofrece igualdad de oportunidades.