October 2018 - Menus

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

Grades K-5 Breakfast

MENUS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-1 ★ Crunchy Cereal V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-2** ★ Egg & Cheese Wrap V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-3** ★ Cinnamony Pancakes or French Toast Trio V ★ Fruit – S ★ Fruit Juice ★ Got Milk	**10-4** ★ Beef Chorizo & Cheese Wrap ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-5** ★ Grape Crescent – V ★ Fruit– S ★ Fruit Juice ★ Got Milk
10-8 ★ Cinnamony Pancakes or Mini French Toast Bites V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-9** ★ Morning Beef Sausage Sandwich ★ Fruit – S ★ Fruit Juice ★ Got Milk	**10-10** ★ Fiesta Bean & Cheese Burrito V ★ Fruit – S ★ Fruit Juice ★ Got Milk	**10-11** ★ Egg & Cheese Sandwich V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-12** ★ Café LA Coffee Cake – V ★ Fruit– S ★ Fruit Juice ★ Got Milk
10-15 ★ Crunchy Cereal V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-16** ★ Egg & Cheese Wrap V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-17** ★ Cinnamony Pancakes or French Toast Trio V ★ Fruit – S ★ Fruit Juice ★ Got Milk	**10-18** ★ Beef Chorizo & Cheese Wrap ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-19** ★ Bagel with Cream Cheese – V ★ Fruit– S ★ Fruit Juice ★ Got Milk
10-22 ★ Cinnamony Pancakes or Mini French Toast Bites V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-23** ★ Morning Beef Sausage Sandwich ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-24** ★ Fiesta Bean & Cheese Burrito V ★ Fruit – S ★ Fruit Juice ★ Got Milk	**10-25** ★ Egg & Cheese Sandwich V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-26** ★ Manager's Choice ★ Fruit– S ★ Fruit Juice ★ Got Milk
10-29 ★ Crunchy Cereal V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-30** ★ Egg & Cheese Wrap V ★ Fruit– S ★ Fruit Juice ★ Got Milk	**10-31** ★ Cinnamony Pancakes or French Toast Trio V ★ Fruit – S ★ 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.