

August 2019 - Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 6-8 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
			8-1 Café LA Burger Waffle Cut Fries Fiesta Pinto Beans Frozen Juice Slush	8-2 Chicken Tenders, Homestyle Artisan Roll Petite Baby Carrots - S Vegetable Juice Fruit Cup
8-5 Cheesy Garlic Bread - V Marinara Sauce Cup Petite Baby Carrots - S Fruit - S	8-6 Café LA Burger Roasted Potato Wedges Fresh Garden Salad Frozen Juice Slush	8-7 Smoked Turkey Breast Sandwich Fiesta Pinto Beans Petite Baby Carrots - S Fruit - S	8-8 Deep Dish Pepperoni Pizza Sweet Corn Fresh Garden Salad Petite Baby Carrots - S Fruit Cup	8-9 Crispy Chicken Filet Sandwich Ruffle Fries Petite Baby Carrots - S Frozen Juice Slush
8-12 Cheesy Pillows - V Sweet Corn Petite Baby Carrots - S Fruit - S	8-13 All Star Turkey Hot Dog Roasted Potato Wedges Celery Sticks Frozen Juice Slush	8-14 Deli Turkey Ham Sandwich Fresh Garden Salad Petite Baby Carrots - S Fruit - S	8-15 Café LA Burger Waffle Cut Fries Fiesta Pinto Beans Frozen Juice Slush	8-16 Chicken Tenders, Homestyle Artisan Roll Petite Baby Carrots - S Vegetable Juice Fruit Cup

Daily Got Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

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

For more information call (213) 241-6422

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<h2>Grades 6-8 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
<p>8-19</p> <ul style="list-style-type: none"> Bean & Cheese Pupusa Curtido Slaw - V Whole Grain Cheese Pizza Wedge - V Yogurt Parfait Wholesome Granola - V Deli Cheese Sandwich - V Sweet Corn Petite Baby Carrots - S Fruit Cup 	<p>8-20</p> <ul style="list-style-type: none"> Bean & Cheese Chimichanga Buffalo Chicken Bites Artisan Roll Yogurt Parfait Wholesome Granola Deli Turkey & Cheese Sandwich Petite Baby Carrots - S Roasted Potato Wedges Frozen Juice Slush 	<p>8-21</p> <ul style="list-style-type: none"> Oven Fried Chicken Drumstick Aloha Roll WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Tuna Salad Plate Aloha Roll Pastrami & Cheese Croissant Fresh Garden Salad Creamy Mashed Potatoes Fruit - S 	<p>8-22</p> <ul style="list-style-type: none"> Philly Cheese Steak Sandwich Crispy Chicken Filet Sandwich Chinese Chicken Salad Aloha Roll Yellow Submarine Sandwich Petite Baby Carrots - S Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup 	<p>8-23</p> <ul style="list-style-type: none"> Orange Meatball Rice Bowl Café LA Burger or Café LA Cheeseburger Chicken Caesar & Cheesy Bread Classic Tuna Sandwich Broccoli Buds Lettuce & Tomato Fruit - S
<p>8-26</p> <ul style="list-style-type: none"> Cheesy Pillows - V Whole Grain Cheese Pizza Wedge - V Yogurt Parfait Wholesome Granola - V Deli Cheese Sandwich - V Roasted Potato Wedges Petite Baby Carrots - S Frozen Fruit Cup Fruit Juice 	<p>8-27</p> <ul style="list-style-type: none"> Mini Chicken Corn Dogs Buffalo Chicken Bites Artisan Roll Chicken Caesar & Cheesy Bread Deli Turkey & Cheese Sandwich Cucumber Coins Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Cup 	<p>8-28</p> <ul style="list-style-type: none"> Teriyaki Beef Dipper Rice Bowl WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Tuna Salad Plate Aloha Roll Philly Cheese Steak Sandwich Broccoli Buds Petite Baby Carrots - S Fruit - S 	<p>8-29</p> <ul style="list-style-type: none"> Taco Bean Dip Crunchy Tortilla Chips Crispy Chicken Filet Sandwich Chinese Chicken Salad Aloha Roll Yellow Submarine Sandwich Sweet Corn Tangy Salsa Cup Fruit Cup 	<p>8-30</p> <p style="text-align: center;">ADMISSION DAY HOLIDAY</p>

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Posted 08/12/19

All of the Grain/Bread items served are Whole Grain Rich.

Per USDA, students MUST take at least 3 components as part of their lunch (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

Daily Options: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito

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