

August 2019 - Menu



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

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

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For more information call (213) 241-6422

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

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<h2>Grades 9-12 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
8-19 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 Fruit Juice	8-20 Bean & Cheese Chimichanga Buffalo Chicken Bites Artisan Roll Yogurt Parfait Wholesome Granola Deli Turkey & Cheese Sandwich Petite Baby Carrots - S Roasted Potato Wedges Fruit - S Frozen Juice Slush	8-21 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 Fruit Juice	8-22 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 Fruit Juice	8-23 Orange Meatball Rice Bowl Café LA Burger or Café LA Cheeseburger Chicken Caesar & Cheesy Bread Classic Tuna Sandwich Broccoli Buds Lettuce & Tomato Fruit - S Fruit Juice
8-26 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 Fruit Cup Fruit Juice	8-27 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 Fruit - S Frozen Juice Slush	8-28 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 Fruit Juice	8-29 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 Fruit Juice	ADMISSION DAY HOLIDAY

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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