

DECEMBER 2019 - Menus



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Grades 6-8 Lunch

MENUS ARE SUBJECT TO CHANGE

<p>12-2</p> <p><i>New!</i> Nacho Pretzel Pocket - V <i>New!</i> Mexicali Salad - V Crunchy Tortilla Chips - S Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Marinara Sauce Cup Sweet Corn or Roasted Corn or Street Corn Fruit Cup</p>	<p>12-3</p> <p>Orange Meatball Rice Bowl Chicken Caesar-Cabbage Kale Salad & Cheesy Bread Deli Turkey & Cheese Sandwich Petite Baby Carrots - S Broccoli Buds Frozen Juice Slush</p>	<p>12-4</p> <p>Nacho Dip & Chips Chinese Chicken-Cabbage Kale Salad Cornbread Pastrami & Cheese Croissant Tangy Salsa Cup Fiesta Pinto Beans or Campfire Baked Beans Fruit - S</p>	<p>12-5</p> <p>Philly Steak & Cheese Pinwheel Chicken Caesar-Cabbage Kale Salad & Cheesy Bread Yellow Submarine Sandwich Cabbage & Kale Salad Sweet Corn or Roasted Corn or Street Corn Fruit Cup</p>	<p>12-6</p> <p>Cheese Burger Sliders Chinese Chicken-Cabbage Kale Salad Cornbread Classic Tuna Sandwich Petite Baby Carrots - S Roasted Potato Wedges Fruit - S</p>
<p>12-9</p> <p>Bean & Cheese Chimichanga - V <i>New!</i> Mexicali Salad - V Crunchy Tortilla Chips - S Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Tangy Salsa Cup Crispy Potato Smiles Fruit Cup</p>	<p>12-10</p> <p>WG Pepperoni Pizza Wedge or WG Hawaiian Pizza Chicken Caesar-Cabbage Kale Salad & Cheesy Bread Deli Turkey & Cheese Sandwich Petite Baby Carrots - S Sweet Corn or Roasted Corn or Street Corn Frozen Juice Cup</p>	<p>12-11</p> <p>Grande Cheeseburger Chinese Chicken-Cabbage Kale Salad Cornbread Pastrami & Cheese Croissant Fresh Broccoli or Lettuce & Tomato Roasted Potato Wedges Fruit - S</p>	<p>12-12</p> <p>Oven Fried Chicken Drumstick Cornbread Chicken Caesar-Cabbage Kale Salad & Cheesy Bread Yellow Submarine Sandwich Celery Sticks Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup</p>	<p>12-13</p> <p>Taco Bean Dip Crunchy Tortilla Chips Chinese Chicken-Cabbage Kale Salad Cornbread Classic Tuna Sandwich Petite Baby Carrots - S Sweet Corn or Roasted Corn or Street Corn Frozen Peach Pop</p>
<p>12-16</p> <p>PizzaBoli - V Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Petite Baby Carrots - S Sweet Corn or Roasted Corn or Street Corn Fruit - S</p>	<p>12-17</p> <p>Mama's Meatball Sub Deli Turkey and Cheese Sandwich - V Fresh Broccoli Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Slush</p>	<p>12-18</p> <p>Holiday Turkey & Gravy with Stuffing Cornbread Pastrami & Cheese Croissant Petite Baby Carrots - S Creamy Mashed Potatoes Fruit - S</p>	<p>12-19</p> <p>Nacho Pretzel Pocket - V Yellow Submarine Sandwich Tangy Salsa Cup Roasted Potato Wedges Fruit Cup</p>	<p>12-20</p> <p>Chicken Tenders, Homestyle Artisan Roll Classic Tuna Sandwich Celery Sticks Sweet Corn or Roasted Corn or Street Corn Fruit - S</p>

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

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

DECEMBER 2019 - Menu



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Grades 6-8 Lunch

MENUS ARE SUBJECT TO CHANGE

12-23	12-24	12-25	12-26	12-27
WINTER RECESS – Happy Holidays				
12-30	12-31			
WINTER RECESS – Happy Holidays				

Rev. & Posted 12/3/19

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

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: All Star Turkey Hot Dog*, Grande Burger*, Golden Chicken Filet Sandwich*, WG Cheese Pizza Wedge, Yogurt & Granola, Vegan Burrito, Yogurt Parfait & Wholesome Granola and Smokin BBQ Rib Sandwich*

*Tuesday-Friday Only

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.