

DECEMBER 2019 - Menus

Grades K-5 Lunch(NNC)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12-2 Cheesy Pillows - V Toasted Cheese Sandwich - V Marinara Sauce Cup Sweet Corn Fruit Cup	12-3 Orange Meatball Rice Bowl Deli Turkey & Cheese Sandwich Petite Baby Carrots - S Broccoli Buds Frozen Juice Slush	12-4 Taco Bean Dip Crunchy Tortilla Chips - S Chinese Chicken-Cabbage Kale Salad Cornbread Tangy Salsa Cup Sweet Corn Fruit - S	12-5 Philly Steak & Cheese Pinwheel Chicken Caesar-Cabbage Kale Salad & Cheesy Bread Cabbage & Kale Salad Fiesta Pinto Beans Fruit - S	12-6 Cheese Burger Sliders Yellow Submarine Sandwich OR Classic Tuna Sandwich Waffle Cut Fries Petite Baby Carrots - S Fruit Cup
12-9 Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V Marinara Sauce Cup Sweet Corn Fruit Cup	12-10 Mama's Meatball Sub Deli Turkey & Cheese Sandwich Petite Baby Carrots - S Campfire Baked Beans Frozen Juice Cup	12-11 Café LA Burger or American Burger Chinese Chicken-Cabbage Kale Salad Cornbread Fresh Broccoli Golden Hash Brown Patties Fruit - S	12-12 Mini Teriyaki Chicken Sandwich Chicken Caesar-Cabbage Kale Salad & Cheesy Bread Celery Sticks Waffle Cut Fries Fruit Cup	12-13 Taco Bean Dip Crunchy Tortilla Chips - S Yellow Submarine Sandwich OR Classic Tuna Sandwich Sweet Corn Petite Baby Carrots - S Frozen Peach Pop
12-16 Garlicky Cheese Bread - V Toasted Cheese Sandwich - V Petite Baby Carrots - S Sweet Corn Fruit - S	12-17 Turkey Burger Deli Turkey & Cheese Sandwich Fresh Broccoli Fiesta Pinto Beans Frozen Juice Slush	12-18 Holiday Turkey & Gravy with Stuffing Cornbread Yellow Submarine Sandwich Petite Baby Carrots - S Broccoli Buds Fruit - S	12-19 WG Pepperoni Pizza Wedge Deli Turkey & Cheese Sandwich Marinara Sauce Cup Waffle Cut Fries Fruit Cup	12-20 Salisbury Steak with Gravy Southern Buttermilk Biscuit Yellow Submarine Sandwich OR Classic Tuna Sandwich Petite Baby Carrots - S Sweet Corn Fruit - S
WINTER RECESS – Happy Holidays				
WINTER RECESS – Happy Holidays				

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

Daily Got 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>

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

Rev. & Posted 12/3/19
For more information call (213) 241-6422