

DECEMBER 2019 - Menus

Grades K-5 Lunch



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

Posted 11/19/19

For more information call (213) 241-6422

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