

FEBRUARY 2020 - Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades 6-8 Lunch</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
<p>2-3</p> <p>Bean & Cheese Chimichanga - V Mexicali Salad - V Crunchy Tortilla Chips Toasted Cheese Sandwich - V Tangy Salsa Cup Sweet Corn or Roasted Corn or Street Corn Fruit - S</p>	<p>2-4</p> <p>Grande Cheeseburger Chicken Caesar Salad & Cheesy Bread Deli Turkey & Cheese Sandwich P'Fresh Garden Salad OR Lettuce & Tomato Roasted Potato Wedges Frozen Juice Cup</p>	<p>2-5</p> <p>WG Pepperoni Pizza Wedge or Hawaiian Pizza Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Petite Baby Carrots - S Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup</p>	<p>2-6</p> <p>Oven Fried Chicken Drumstick Aloha Roll Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Celery Sticks New! Mashed Potato Corn N' Gravy or Sweet Corn Fruit Cup</p>	<p>2-7</p> <p>Teriyaki Beef Dipper Rice Bowl Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Petite Baby Carrots - S Broccoli Buds Fruit - S</p>
<p>2-10</p> <p>Nacho Pretzel Pocket - V Mexicali Salad - V Crunchy Tortilla Chips Toasted Cheese Sandwich - V Petite Baby Carrots - S Sweet Corn or Roasted Corn or Street Corn Fruit - S</p>	<p>2-11</p> <p>Teriyaki Beef Sandwich Chicken Caesar Salad & Cheesy Bread Deli Turkey & Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Slush</p>	<p>2-12</p> <p>Turkey & Mashed Potato Bowl Aloha Roll Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Petite Baby Carrots Creamy Mashed Potatoes Fresh Orange Variety (Cara Cara Orange, Blood Orange) or Cara-Blood Orange Halves</p>	<p>2-13</p> <p>New! Mac N' Cheese & Beef Links Cornbread Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Celery Sticks Sweet Corn OR Roasted Corn OR Street Corn Fruit Cup</p>	<p>2-14</p> <p>New! Buffalo Wings & Cheesy Bread Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Petite Baby Carrots - S Waffle Cut Fries Fruit Cup</p>
<p>2-17</p> <p style="text-align: center;">PRESIDENTS DAY HOLIDAY</p>	<p>2-18</p> <p>Oven Fried Chicken Drumstick Aloha Roll Yogurt & Granola Toasted Cheese Sandwich Petite Baby Carrots - S New! Mashed Potato Corn N' Gravy OR Sweet Corn Frozen Juice Slush</p>	<p>2-19</p> <p>Zesty Beef Chalupa with Spanish Rice or Bean & Cheese Pupusa Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Tangy Salsa Cup Mini Potato Tots Fruit Cup</p>	<p>2-20</p> <p>Mini Chicken Corn Dogs Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Fresh Garden Salad Ruffle Fries Fruit - S</p>	<p>2-21</p> <p>Cherry Blossom Chicken Bowl Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Petite Baby Carrots - S Broccoli Buds 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.

FEBRUARY 2020 - Menus



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Grades 6-8 Lunch

MENUS ARE SUBJECT TO CHANGE

<p>2-24</p> <p>Possible Burger - V Mexicali Salad - V Crunchy Tortilla Chips Toasted Cheese Sandwich - V Petite Baby Carrots - S Sweet Corn or Roasted Corn or Street Corn Fruit - S</p>	<p>2-25</p> <p>Chicken Tenders, Homestyle Southern Buttermilk Biscuit Chicken Caesar Salad & Cheesy Bread Deli Turkey & Cheese Sandwich Fresh Garden Salad or Lettuce & Tomato Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Cup</p>	<p>2-26 <i>New!</i></p> <p>Beefy Hot Sandwich Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Petite Baby Carrots - S Roasted Potato Wedges Fruit Cup</p>	<p>2-27</p> <p>Nacho Dip & Chips or Taco Bean Dip Crunchy Tortilla Chips Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Fresh Garden Salad Sweet Corn OR Roasted Corn OR Street Corn Fruit - S</p>	<p>2-28</p> <p>Beef & Cheese Taco Burrito AND/OR <i>New!</i> Fish Nuggets Aloha Roll Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Petite Baby Carrots - S <i>New!</i> Mashed Potato Corn N' Gravy OR Sweet Corn Fruit - S</p>

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

Posted 01/17/20

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.