

# FEBRUARY 2020 - Menus

# Grades K-5 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-3 Bean & Cheese Chimichanga - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Tangy Salsa Cup Sweet Corn OR Roasted Corn OR Street Corn Fruit - <b>S</b>	2-4 Café LA Burger or Café LA Cheeseburger Deli Turkey & Cheese Sandwich Fresh Garden Salad or Lettuce & Tomato Roasted Potato Wedges Frozen Juice Cup	2-5 WG Pepperoni Pizza Wedge or Hawaiian Pizza Chinese Chicken Salad Aloha Roll Petite Baby Carrots - <b>S</b> Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	2-6 Oven Fried Chicken Drumstick Aloha Roll Chicken Caesar Salad & Cheesy Bread Celery Sticks <i>New!</i> Mashed Potato Corn N' Gravy or Sweet Corn Fruit Cup	2-7 Teriyaki Beef Dipper Rice Bowl Yellow Submarine Sandwich or Classic Tuna Sandwich Petite Baby Carrots - <b>S</b> Broccoli Buds Fruit - <b>S</b>
2-10 Nacho Pretzel Pocket - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> or Deli Cheese Sandwich - <b>V</b> Petite Baby Carrots - <b>S</b> Sweet Corn OR Roasted Corn OR Street Corn Fruit - <b>S</b>	2-11 Teriyaki Beef Sandwich Deli Turkey & Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Slush	2-12 Turkey & Mashed Potato Bowl Aloha Roll Chinese Chicken Salad Aloha Roll Petite Baby Carrots - <b>S</b> Creamy Mashed Potatoes Roasted Potato Wedges Fresh Orange Variety (Cara Cara Orange, Blood Orange)	2-13 Mac N' Cheese Chicken Caesar Salad & Cheesy Bread Celery Sticks Sweet Corn OR Roasted Corn OR Street Corn Fruit Cup	2-15 Chicken Tenders, Homestyle Southern Buttermilk Biscuit or Buffalo Chicken Bites Southern Buttermilk Biscuit Yellow Submarine Sandwich or Classic Tuna Sandwich Petite Baby Carrots - <b>S</b> Waffle Cut Fries Fruit Cup
2-17  <b>PRESIDENTS DAY HOLIDAY</b>	2-18 Oven Fried Chicken Drumstick Aloha Roll Toasted Cheese Sandwich Petite Baby Carrots <i>New!</i> Mashed Potato Corn N' Gravy OR Sweet Corn Frozen Juice Slush	2-19 Zesty Beef Chalupa or Bean & Cheese Pupusa Chinese Chicken Salad Aloha Roll Tangy Salsa Cup Mini Potato Tots Fruit Cup	2-20 Mini Chicken Corn Dogs Chicken Caesar Salad & Cheesy Bread Fresh Garden Salad Ruffle Fries Fruit - <b>S</b>	2-21 Cherry Blossom Chicken Bowl Yellow Submarine Sandwich OR Classic Tuna Sandwich Petite Baby Carrots - <b>S</b> Broccoli Buds Fruit - <b>S</b>
2-24 Possible Burger - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Petite Baby Carrots - <b>S</b> Sweet Corn OR Roasted Corn OR Street Corn Fruit - <b>S</b>	2-25 Crispy Chicken Sandwich Deli Turkey & Cheese Sandwich Fresh Garden Salad or Lettuce & Tomato Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Cup	2-26 <i>New!</i> Beefy Hot Sandwich Chinese Chicken Salad Aloha Roll or Mexicali Salad Crunchy Tortilla Chips Petite Baby Carrots - <b>S</b> Roasted Potato Wedges Fruit Cup	2-27 Nacho Dip & Chips or Taco Bean Dip Crunchy Tortilla Chips Chicken Caesar Salad & Cheesy Bread Fresh Garden Salad Sweet Corn OR Roasted Corn OR Street Corn Fruit - <b>S</b>	2-28 Beef & Cheese Taco Burrito and/or <i>New!</i> Fish Nuggets Aloha Roll Yellow Submarine Sandwich or Classic Tuna Sandwich Petite Baby Carrots - <b>S</b> <i>New!</i> Mashed Potato Corn N' Gravy or Sweet Corn Fruit - <b>S</b>

 **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.

Posted 01/16/20

For more information call (213) 241-6422