

# NOVEMBER 2019 - Menus

## Grades K-5 Lunch(NNC)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				11-1 Orange Meatball Rice Bowl Yellow Submarine Sandwich OR Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> Frozen Peach Pop
11-4 Garlicky Cheese Bread - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Petite Baby Carrots - <b>S</b> Sweet Corn Fruit - <b>S</b>	11-5 Philly Steak & Cheese Pinwheel Deli Turkey & Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans Frozen Juice Slush	11-6 Taco Bean Dip Crunchy Tortilla Chips Chinese Chicken Salad Aloha Roll Petite Baby Carrots - <b>S</b> Tangy Salsa Cup Fruit - <b>S</b>	11-7 Salisbury Steak with Gravy Aloha Roll Chicken Caesar Salad & Cheesy Bread Celery Sticks Sweet Corn Frozen Fruit Cup	11-8 Cheese Burger Sliders Yellow Submarine Sandwich OR Classic Tuna Sandwich Fresh Garden Salad Waffle Cut Fries Frozen Peach Pop
11-11  <b>VETERANS DAY HOLIDAY</b>	11-12 Garlicky Cheese Bread - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Marinara Sauce Cup Petite Baby Carrots - <b>S</b> Frozen Juice Cup	11-13 Café LA Burger or All American Burger Chinese Chicken Salad Aloha Roll Celery Sticks Golden Hash Brown Patties Fruit - <b>S</b>	11-14 Mini Teriyaki Chicken Sandwich Chicken Caesar Salad & Cheesy Bread Fresh Garden Salad Sweet Corn Frozen Fruit Cup	11-15 Taco Bean Dip Crunchy Tortilla Chips Yellow Submarine Sandwich OR Classic Tuna Sandwich Tangy Salsa Cup Petite Baby Carrots - <b>S</b> Frozen Peach Pop
11-18 Garlicky Cheese Bread - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Petite Baby Carrots - <b>S</b> Sweet Corn Fruit - <b>S</b>	11-19 Salisbury Steak with Gravy Southern Buttermilk Biscuit Deli Turkey & Cheese Sandwich Celery Sticks Fiesta Pinto Beans Frozen Juice Slush	11-20 Holiday Turkey and Gravy with Stuffing Aloha Roll Chinese Chicken Salad Aloha Roll Fresh Garden Salad Sweet Corn Fruit - <b>S</b>	11-21 WG Pepperoni Pizza Wedge Chicken Caesar Salad & Cheesy Bread Marinara Sauce Cup Golden Hash Brown Patties Frozen Juice Cup	11-22 Orange Meatball Rice Bowl Yellow Submarine Sandwich OR Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> Frozen Peach Pop
11-25 Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Petite Baby Carrots - <b>S</b> Sweet Corn Fruit - <b>S</b>	11-26 Beef & Cheese Taco Burrito Deli Turkey & Cheese Sandwich Tangy Salsa Cup Fiesta Pinto Beans Frozen Juice Slush	11-27 Cheese Burger Sliders Yellow Submarine Sandwich Petite Baby Carrots - <b>S</b> Golden Hash Brown Patties Fruit - <b>S</b>	<b>THANKSGIVING DAY HOLIDAY</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**

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Posted 10/18/19

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