

MARCH 2020 - Menus

Grades K-5 Lunch(NNC)



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 3-2 Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V Petite Baby Carrots - S Sweet Corn Fruit - S | 3-3 Café LA Burger Deli Turkey & Cheese Sandwich Fresh Garden Salad Ruffle Fries Frozen Juice Cup | 3-4 Chicken & Cheese Sliders Chinese Chicken Salad/Aloha Roll or Mexicali Salad / Tortilla Chips Petite Baby Carrots - S Campfire Baked Beans Fruit Cup | 3-5 Cheesy Pillows Chicken Caesar Salad Artisan Roll Celery Sticks Waffle Cut Fries Fruit Cup | 3-6 Teriyaki Beef Dipper Rice Bowl or Garlicky Cheese Bread Yellow Submarine Sandwich or Classic Tuna Sandwich Petite Baby Carrots - S Broccoli Buds Fruit - S |
| 3-9 Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V or Petite Baby Carrots - S Sweet Corn Fruit - S | 3-10 Mini Chicken Teriyaki Sandwiches Deli Turkey & Cheese Sandwich Fresh Garden Salad Campfire Baked Beans Frozen Juice Slush | 3-11 Taco Bean Dip Crunchy Tortilla Chips Chinese Chicken Salad/Aloha Roll or Mexicali Salad / Tortilla Chips Tangy Salsa Cup Sweet Corn Fruit - S | 3-12 Café LA Burger Chicken Caesar Salad Artisan Roll Ruffle Fries Celery Sticks Fruit Cup | 3-13 Mama's Meatball Sub or Garlicky Cheese Bread Yellow Submarine Sandwich or Classic Tuna Sandwich Petite Baby Carrots - S Waffle Cut Fries Fruit - S |
| 3-16 Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V or Petite Baby Carrots - S Sweet Corn Fruit - S | 3-17 Cheeseburger Sliders Deli Turkey & Cheese Sandwich Celery Sticks Ruffle Fries Frozen Juice Slush | 3-18 Zesty Beef Chalupa Chinese Chicken Salad/Aloha Roll or Mexicali Salad / Tortilla Chips Tangy Salsa Cup Fiesta Pinto Beans Fruit Cup | 3-19 Taco Bean Dip Crunchy Tortilla Chips Chicken Caesar Salad Artisan Roll Fresh Garden Salad Sweet Corn Fruit - S | 3-20 Turkey Burger or Garlicky Cheese Bread Yellow Submarine Sandwich OR Classic Tuna Sandwich Petite Baby Carrots - S Broccoli Buds Fruit - S |
| 3-23 Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V Petite Baby Carrots - S Sweet Corn Fruit - S | 3-24 Orange Meatball Rice Bowl Deli Turkey & Cheese Sandwich Broccoli Buds Fiesta Pinto Beans Fruit Cup | 3-25 Salisbury Steak with Gravy/Aloha Roll Chinese Chicken Salad/Aloha Roll or Mexicali Salad / Crunchy Tortilla Chips Petite Baby Carrots - S Waffle Cut Fries Fruit Cup | 3-26 Beef & Cheese Burrito Chicken Caesar Salad Artisan Roll Fresh Garden Salad Sweet Corn Fruit - S | 3-27 Mini Teriyaki Chicken Sandwich or Garlicky Cheese Bread Yellow Submarine Sandwich or Classic Tuna Sandwich Petite Baby Carrots - S Golden Hash Brown Patties Fruit - S |
| 3-30 Whole Grain Cheese Pizza Wedge - V Toasted Cheese Sandwich - V Petite Baby Carrots - S Ruffle Fries Fruit - S | 3-31 Roasted Chicken / Artisan Roll Deli Turkey & Cheese Sandwich Fresh Garden Salad Sweet Corn Frozen Juice Cup | | | |

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: 3-Bean Vegan Chili/Crunchy Tortilla Chips 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

Posted 03/06/20 Rev.

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.