


# NOVEMBER 2019 - Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h2>Grades K-5 Breakfast (PREP Sites)</h2> <p><i>MENUS ARE SUBJECT TO CHANGE</i></p>				
				11-1 Turkey Ham & Cheese on Hawaiian Roll Fruit- <b>S</b> Fruit Juice Got Milk
11-4  Café LA Coffee Cake - <b>V</b> Fruit- <b>S</b> Fruit Juice Got Milk	11-5 Chicken Pancake Sandwich Fruit- <b>S</b> Fruit Juice Got Milk	11-6 French Toast Trio - <b>V</b> Fruit - <b>S</b> Fruit Juice Got Milk	11-7 Chocolate Crescent - <b>V</b> Fruit- <b>S</b> Fruit Juice Got Milk	11-8 Fiesta Bean & Cheese Burrito - <b>V</b> Fruit- <b>S</b> Fruit Juice Got Milk
11-11 <b>VETERANS DAY HOLIDAY</b>	11-12 Café LA Coffee Cake - <b>V</b> Fruit - <b>S</b> Fruit Juice Got Milk	11-13 Gourmet Waffles- <b>V</b> Fruit - <b>S</b> Fruit Juice Got Milk	11-14 Turkey Ham & Cheese on Hawaiian Roll Fruit- <b>S</b> Fruit Juice Got Milk	11-15 Chicken Pancake Sandwich Fruit- <b>S</b> Fruit Juice Got Milk
11-18 Café LA Coffee Cake - <b>V</b> Fruit- <b>S</b> Fruit Juice Got Milk	11-19 French Toast Trio - <b>V</b> Fruit- <b>S</b> Fruit Juice Got Milk	11-20 Morning Beef Sausage Sandwich Fruit - <b>S</b> Fruit Juice Got Milk	11-21 Cinnamon Pancakes - <b>V</b> Fruit- <b>S</b> Fruit Juice Got Milk	11-22 <b>New!</b> Italian Cheese Pocket - <b>V</b> Fruit- <b>S</b> Fruit Juice Got Milk
11-25 Café LA Coffee Cake - <b>V</b> Fruit- <b>S</b> Fruit Juice Got Milk	11-26 Turkey Ham & Cheese on Hawaiian Roll Fruit- <b>S</b> Fruit Juice Got Milk	11-27 French Toast Trio - <b>V</b> or Mini French Toast Bites - <b>V</b> Fruit - <b>S</b> Fruit Juice Got Milk	<b>THANKSGIVING DAY HOLIDAY</b>	

 **All of the Grain/Bread items served are Whole Grain Rich.**

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

**S:** Items with an (S) can be saved for later **V:** Vegetarian items

Posted 10/18/19

Visit us @ <http://achieve.lausd.net/cafela>

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

For more information call (213) 241-6422