

# OCTOBER 2019 - Menus



**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

## Grades 6-8 Lunch

*MENUS ARE SUBJECT TO CHANGE*

	<p><b>10-1</b></p> <p>Chicken Tenders Buffalo Chicken Bites Artisan Roll Yogurt Parfait Wholesome Granola Deli Turkey &amp; Cheese Sandwich Petite Baby Carrots - <b>S</b> Sweet Corn or Roasted Corn Frozen Juice Slush</p>	<p><b>10-2</b></p> <p>Philly Cheese Steak Sandwich WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chinese Chicken Salad Aloha Roll Pastrami &amp; Cheese Croissant Fresh Garden Salad or Lettuce &amp; Tomato Ruffle Fries Fruit - <b>S</b></p>	<p><b>10-3</b></p> <p><i>New!</i> Mini Chicken Corn Dogs Golden Chicken Filet Sandwich Chicken Caesar &amp; Cheesy Bread Yellow Submarine Sandwich Cucumber Coins Fiesta Pinto Beans or Campfire Baked Beans Fruit - <b>S</b></p>	<p><b>10-4</b></p> <p><i>New!</i> Cherry Blossom Chicken Bowl or Tangerine Chicken and Rice <i>New!</i> Grilled Beefy Burger or Grilled Beefy Cheeseburger Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> <i>New!</i> Frozen Peach Pop</p>
<p><b>10-7</b></p> <p><i>New!</i> PizzaBoli - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Yogurt Parfait Wholesome Granola - <b>V</b> Deli Cheese Sandwich - <b>V</b> or Toasted Cheese Sandwich - <b>V</b> Marinara Sauce Cup Mini Potato Tots Fruit Cup</p>	<p><b>10-8</b></p> <p>Nacho Dip &amp; Chips Buffalo Chicken Bites Artisan Roll Chicken Caesar &amp; Cheesy Bread Deli Turkey &amp; Cheese Sandwich Tangy Salsa Cup Fiesta Pinto Beans OR Campfire Baked Beans Frozen Juice Cup</p>	<p><b>10-9</b></p> <p>Oven Fried Chicken Drumstick Aloha Roll WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chinese Chicken Salad Aloha Roll Pastrami &amp; Cheese Croissant Celery Sticks Creamy Mashed Potatoes Fruit - <b>S</b></p>	<p><b>10-10</b></p> <p><i>New!</i> All Star Turkey Hot Dog Golden Chicken Filet Sandwich Chicken Caesar &amp; Cheesy Bread Yellow Submarine Sandwich Fresh Garden Salad or Lettuce &amp; Tomato Waffle Cut Fries Fruit - <b>S</b></p>	<p><b>10-11</b></p> <p><i>New!</i> Teriyaki Beef Dipper Rice Bowl <i>New!</i> Grilled Beefy Burger or Grilled Beefy Cheeseburger Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> <i>New!</i> Frozen Peach Pop</p>
<p><b>10-14</b></p> <p><i>New!</i> Possible Burger - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Yogurt Parfait Wholesome Granola - <b>V</b> Deli Cheese Sandwich - <b>V</b> or Toasted Cheese Sandwich - <b>V</b> Sweet Corn OR Roasted Corn Petite Baby Carrots - <b>S</b> Fruit Cup</p>	<p><b>10-15</b></p> <p>Beef &amp; Cheese Taco Burrito Buffalo Chicken Bites Artisan Roll Chicken Caesar &amp; Cheesy Bread Deli Turkey &amp; Cheese Sandwich Cucumber Coins Roasted Potato Wedges Frozen Juice Slush</p>	<p><b>10-16</b></p> <p><i>New!</i> Cherry Blossom Chicken Bowl WG Pepperoni Pizza Wedge and/or WG Hawaiian Pizza Chinese Chicken Salad Aloha Roll Pastrami &amp; Cheese Croissant Fresh Garden Salad or Lettuce &amp; Tomato Broccoli Buds Frozen Mixed Berry Cup</p>	<p><b>10-17</b></p> <p><i>New!</i> Philly Cheese Steak Sandwich Golden Chicken Filet Sandwich Chicken Caesar &amp; Cheesy Bread Yellow Submarine Sandwich Petite Baby Carrots - <b>S</b> Ruffle Fries Fruit - <b>S</b></p>	<p><b>10-18</b></p> <p><i>New!</i> Zesty Beef Chalupa with Rice <i>New!</i> Grilled Beefy Burger or Grilled Beefy Cheeseburger Chinese Chicken Salad Aloha Roll Classic Tuna Sandwich Tangy Salsa Cup Fiesta Pinto Beans OR Campfire Baked Beans <i>New!</i> Frozen Peach Pop</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.

# OCTOBER 2019 - Menu



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Grades 6-8 Lunch

*MENUS ARE SUBJECT TO CHANGE*

10-21

Bean & Cheese Chimichanga - **V**  
 Whole Grain Cheese Pizza Wedge - **V**  
 Yogurt Parfait Wholesome Granola - **V**  
 Deli Cheese Sandwich - **V**  
 or Toasted Cheese Sandwich - **V**  
 Tangy Salsa Cup  
 Sweet Corn or Roasted Corn  
 Fruit Cup

10-22

Mesquite BBQ Pork Sandwich  
 Buffalo Chicken Bites  
 Artisan Roll  
 Chicken Caesar & Cheesy Bread  
 Deli Turkey & Cheese Sandwich  
 Fresh Garden Salad or Lettuce & Tomato  
 Mini Potato Tots  
 Frozen Juice Cup

10-23

Oven Fried Chicken Drumstick  
 Southern Buttermilk Biscuit  
 WG Pepperoni Pizza Wedge and/or  
 WG Hawaiian Pizza  
 Chinese Chicken Salad  
 Aloha Roll  
 Pastrami & Cheese Croissant  
 Petite Baby Carrots - **S**  
 Fiesta Pinto Beans or Campfire Baked Beans  
 Fruit - **S**

10-24

Salisbury Steak & Mashed Potatoes  
 Aloha Roll  
**New!** Golden Chicken Filet Sandwich  
 Chicken Caesar & Cheesy Bread  
 Yellow Submarine Sandwich  
 Celery Sticks  
 Creamy Mashed Potatoes  
 Fruit - **S**

10-25

Orange Meatball Rice Bowl  
**New!** Grilled Beefy Burger  
**OR** Grilled Beefy Cheeseburger  
 Chinese Chicken Salad  
 Aloha Roll  
 Classic Tuna Sandwich  
 Broccoli Buds  
 Petite Baby Carrots - **S**  
**New!** Frozen Peach Pop

10-28

Bean & Cheese Pupusa Curtido Slaw - **V**  
 Whole Grain Cheese Pizza Wedge - **V**  
 Yogurt Parfait Wholesome Granola - **V**  
 Deli Cheese Sandwich - **V**  
 or Toasted Cheese Sandwich - **V**  
 Roasted Potato Wedges  
 Petite Baby Carrots - **S**  
 Fruit Cup

10-29

Chicken Tenders, Homestyle  
 Southern Buttermilk Biscuit  
 Buffalo Chicken Bites  
 Artisan Roll  
 Chicken Caesar & Cheesy Bread  
 Deli Turkey & Cheese Sandwich  
 Cucumber Coins  
 Sweet Corn or Roasted Corn  
 Frozen Juice Slush

10-30

Philly Cheese Steak Sandwich  
 WG Pepperoni Pizza Wedge and/or  
 WG Hawaiian Pizza  
 Chinese Chicken Salad  
 Aloha Roll  
 Pastrami & Cheese Croissant  
 Waffle Cut Fries  
 Petite Baby Carrots - **S**  
 Fruit Cup

10-31

Mini Chicken Corn Dog  
**New!** Golden Chicken Filet Sandwich  
 Chicken Caesar & Cheesy Bread  
 Yellow Submarine Sandwich  
 Fresh Garden Salad  
 or Lettuce & Tomato  
 Fiesta Pinto Beans or Campfire Baked Beans  
 Fruit - **S**

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

Posted 09/19/19

**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

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.