

# OCTOBER 2019 - Menus

## Grades K-5 Lunch(NNC)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10-1 Beef & Cheese Taco Burrito Toasted Cheese Sandwich Sweet Corn Petite Baby Carrots - <b>S</b> Fruit Cup	10-2 All Star Turkey Hot Dog Chicken Caesar & Cheesy Bread Campfire Baked Beans Fresh Garden Salad Fruit - <b>S</b>	10-3 WG Pepperoni Pizza Wedge Chinese Chicken Salad Aloha Roll Ruffle Fries Cucumber Coins Frozen Juice Slush	10-4 Orange Meatball Rice Bowl Yellow Submarine Sandwich OR Classic Tuna Sandwich Broccoli Buds Petite Baby Carrots - <b>S</b> <i>New!</i> Frozen Peach Pop
10-7 Whole Grain Deep Dish Cheese Pizza - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Sweet Corn Petite Baby Carrots - <b>S</b> Fruit Cup	10-8 Zesty Beef Chalupa Deli Turkey & Cheese Sandwich Tangy Salsa Cup Fiesta Pinto Beans Frozen Juice Cup	10-9 Teriyaki Beef Dipper Rice Bowl Chinese Chicken Salad Aloha Roll Broccoli Buds Petite Baby Carrots - <b>S</b> Fruit - <b>S</b>	10-10 Salisbury Steak with Gravy Aloha Roll Chicken Caesar Salad & Cheesy Bread Celery Sticks Golden Hash Brown Patties Fruit Cup	10-11 Café LA Burger or All American Burger Yellow Submarine Sandwich OR Classic Tuna Sandwich Waffle Cut Fries Fresh Garden Salad Frozen Peach Pop <i>New!</i>
10-14 Whole Grain Deep Dish Cheese Pizza - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Sweet Corn Petite Baby Carrots - <b>S</b> Fruit Cup	10-15 Turkey Burger Deli Turkey & Cheese Sandwich Petite Baby Carrots - <b>S</b> Campfire Baked Beans Frozen Juice Slush	10-16 WG Pepperoni Pizza Wedge Chinese Chicken Salad Aloha Roll Fresh Garden Salad Golden Hash Brown Patties Frozen Mixed Berry Cup	10-17 Mini Teriyaki Chicken Sandwich Chicken Caesar Salad & Cheesy Bread Cucumber Coins Ruffle Fries Fruit Cup	10-18 Orange Meatball Rice Bowl Yellow Submarine Sandwich OR Classic Tuna Sandwich Petite Baby Carrots - <b>S</b> Broccoli Buds <i>New!</i> Frozen Peach Pop
10-21 Whole Grain Deep Dish Cheese Pizza - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Sweet Corn Petite Baby Carrots - <b>S</b> Fruit Cup	10-22 Salisbury Steak with Gravy Aloha Roll Deli Turkey & Cheese Sandwich Celery Sticks Golden Hash Brown Patties Frozen Juice Cup	10-23 Taco Bean Dip Crunchy Tortilla Chips Chinese Chicken Salad Aloha Roll Fresh Garden Salad Tangy Salsa Cup Fruit - <b>S</b>	10-24 Teriyaki Beef Dipper Rice Bowl Chicken Caesar Salad & Cheesy Bread Petite Baby Carrots - <b>S</b> Broccoli Buds Fruit Cup	10-25 Café LA Burger or All American Burger Yellow Submarine Sandwich OR Classic Tuna Sandwich Fiesta Pinto Beans Fresh Garden Salad Frozen Peach Pop <i>New!</i>
10-28 Whole Grain Deep Dish Cheese Pizza - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Sweet Corn Petite Baby Carrots - <b>S</b> Fruit Cup	10-29 Beef & Cheese Taco Burrito Deli Turkey & Cheese Sandwich Cucumber Coins Tangy Salsa Cup Frozen Juice Slush	10-30 All Star Turkey Hot Dog Chicken Caesar Salad & Cheesy Bread Campfire Baked Beans Fresh Garden Salad Fruit - <b>S</b>	10-31 WG Pepperoni Pizza Wedge Chinese Chicken Salad Aloha Roll Ruffle Fries Cucumber Coins Fruit 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: 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 09/19/19

For more information call (213) 241-6422