




January 2022 Menus

MENUS ARE SUBJECT TO CHANGE

EEC MENUS Week - January 17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T				
01-17 MARTIN LUTHER KING JR. HOLIDAY	01-18 Cheese Stuffed Pocket - V Fresh Apple Slices Fruit Juice Got Milk	01-19 French Toast Trio - V Fresh Fruit Peach Cup Got Milk	01-20 Fiesta Bean & Cheese Burrito - V Fresh Apple Slices Mixed Fruit Cup Got Milk	01-21 Deluxe Cereal Bowl - V Fresh Fruits Got Milk
L U N C H				
01-17 Nachoboli - V Paradise Punch Vegetable Juice Fresh Fruit Got Milk	01-18 Chicken Tenders, Homestyle - V Ruffle Fries Orange Medley Juice Frozen Strawberry Cup Got Milk	01-19 Breaded Cheese Fish Wedges Salsa Cup Cherry Smooth Cup Fresh Mandarin Got Milk 	01-20 Yang's Orange Chicken & Rice Berry Berry Blue Slush Romaine Salad Mixed Fruit Cup Got Milk	01-21 Deli Turkey Ham Sandwich Cherry Smooth Cup Romaine Salad Fresh Fruit Got Milk
S N A C K				
01-17 Deluxe Cereal Bowl - V Got Milk	01-18 Ranch Cheddar Cheese Honey Maid Squares	01-19 Cinnamon Belly Bear Graham Crackers - V Got Milk	01-20 Food & Nutrition Crackers - V Got Milk	01-21 Blueberry Muffin - V Got Milk



SCAN HERE
for Heating
Instructions



Serving Fresh
Mandarin on
Wednesday, the
Café La
Harvest!

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

Milk Options: White Low Fat 1% Unflavored Milk - 6 oz.

V: Vegetarian items

Fresh Fruit: Apple Slices, Apple, Orange, Banana, Nectarine, Plum, Peach

LAUSD Menus are Nut Free

*A Weekend Meal Kit that includes
supper and snacks meals will be
provided on Fridays*

Visit us @ <http://achieve.lausd.net/cafela>
For more information call (213) 241-6422

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