

August 2022 Menu



MENUS ARE SUBJECT TO CHANGE

Week - August 15
Grades 6-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T				
08-15 Buttery Maple Waffle - V Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Apple Fruit Juice Got Milk	08-16 Beef, Egg & Cheese Burrito Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Peach Fruit Juice Got Milk	08-17 CinnaTwins - V Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Apple Slices Fruit Juice Got Milk	08-18 Beef Sausage Pancake Sandwich Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Banana Fruit Juice Got Milk	08-19 Café LA Coffee Cake - V Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Plum Fruit Juice Got Milk
L U N C H				
08-15 Mac N Cheese - V Possible Burger Lettuce & Tomato - V Mexicali Salad with Dressing - V Tostitos Chips Thick Cut Fries Petite Baby Carrots Strawberry Kiwi Fruit Slush Got Milk	08-16 Breaded Cheese Fish Pepperoni Pizza Wedge Chicken Caesar Salad with Dressing Artisan Roll Café LA Salad Hummus Cup Fresh Nectarine Got Milk	08-17 Turkey Sausage Pizza Chicken Tenders, Homestyle Honey Biscuit Chinese Chicken Salad with Dressing Sweet Corn Orange Medley Juice Fresh Pluot Got Milk	08-18 Yang's Orange Chicken & Broccoli Rice Bowl All Star Turkey Hotdog Chef's Salad with Dressing Artisan Roll Café LA Salad Petite Baby Carrots Fresh Peach Got Milk	08-19 Café LA Burger with Lettuce & Tomato Crispy Chicken Sandwich Lettuce & Tomato OR Spicy Breaded Chicken Sandwich Lettuce & Tomato Chicken Caesar Salad with Dressing Artisan Roll Ruffle Fries Cherry Smooth Cup Frozen Strawberry Cup Got Milk



Serving Fresh Pluot on Wednesday,
the Café LA Harvest!

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

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

LAUSD Menus are Nut Free

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

w_1 Posted 08/10/22

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

August 2022 Menu



MENUS ARE SUBJECT TO CHANGE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

S U P P E R

08-15

Nachoboli - **V**
OR Cheesy Pillows - **V**
Berry Berry Blue Slush
Peach Cup
Got Milk

08-16

Beef & Cheese Burrito
OR Turkey Stick
Creamy Chickpea Cup Crackers
Salsa Cup
Fresh Fruit
Got Milk

08-17

Cheese Quesadilla - **V**
OR Turkey Ham & Cheese Sandwich
Lettuce & Tomato
Paradise Punch Veg Juice
Applesauce Cup
Got Milk

08-18

Deep Dish Pepperoni Pizza
OR Wowbutter Cup - **V**
Ranch Cheddar Cheese Crackers
Cherry Smooth Cup
Fresh Fruit
Got Milk

08-19

Cheesy Flatbread - **V**
OR Sunbutter & Jelly Sandwich - **V**
Celery Sticks
Peach Pop
Got Milk

Week - August 15
Grades 6-8



Serving Fresh Pluot on Wednesday,
the Café LA Harvest!

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

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

LAUSD Menus are Nut Free

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

w_1 Posted 08/10/22

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