

# MARCH 2020 - Menus

# Grades K-5 Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3-2</b> Bean & Cheese Chimichanga - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Tangy Salsa Cup Sweet Corn Fruit - <b>S</b>	<b>3-3</b> Café LA Burger or Café LA Cheeseburger Deli Turkey & Cheese Sandwich Fresh Garden Salad Roasted Potato Wedges Frozen Juice Cup	<b>3-4</b> WG Pepperoni Pizza Wedge or Hawaiian Pizza Chinese Chicken Salad/Aloha Roll or Mexicali Salad / Tortilla Chips Petite Baby Carrots - <b>S</b> Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	<b>3-5</b> Oven Fried Chicken Drumstick Cornbread Chicken Caesar Salad & Cheesy Bread Celery Sticks Sweet Corn Fruit Cup	<b>3-6</b> Teriyaki Beef Dipper Rice Bowl or Fish Nuggets / Aloha Roll Yellow Submarine Sandwich or Classic Tuna Sandwich Petite Baby Carrots - <b>S</b> Broccoli Buds Fruit - <b>S</b>
<b>3-9</b> PizzaBoli - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> or Marinara Sauce Cup - <b>S</b> Sweet Corn Fruit - <b>S</b>	<b>3-10</b> Teriyaki Beef Sandwich Deli Turkey & Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Slush	<b>3-11</b> Turkey & Mashed Potato Bowl /Aloha Roll Chinese Chicken Salad/Aloha Roll or Mexicali Salad / Tortilla Chips Petite Baby Carrots - <b>S</b> Creamy Mashed Potatoes Blood Orange	<b>3-12</b> Mac N' Cheese Chicken Caesar Salad & Cheesy Bread Celery Sticks Sweet Corn Fruit Cup	<b>3-13</b> Chicken Tenders, Homestyle/Aloha Roll or Fish Nuggets / Aloha Roll Yellow Submarine Sandwich or Classic Tuna Sandwich Petite Baby Carrots - <b>S</b> Waffle Cut Fries Fruit Cup
<b>3-16</b> Bean & Cheese Pupusa - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> or Petite Baby Carrots - <b>S</b> Ruffle Fries Fruit - <b>S</b>	<b>3-17</b> Oven Fried Chicken Drumstick Cornbread Deli Turkey & Cheese Sandwich Mini Potato Tots Sweet Corn Frozen Juice Slush	<b>3-18</b> Zesty Beef Chalupa or Chinese Chicken Salad/Aloha Roll or Mexicali Salad / Tortilla Chips Tangy Salsa Cup Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup	<b>3-19</b> Mini Chicken Corn Dogs Chicken Caesar Salad & Cheesy Bread Fresh Garden Salad Sweet Corn Fruit - <b>S</b>	<b>3-20</b> Cherry Blossom Chicken Bowl or Fish Nuggets / Aloha Roll Yellow Submarine Sandwich OR Classic Tuna Sandwich Petite Baby Carrots - <b>S</b> Broccoli Buds Fruit - <b>S</b>
<b>3-23</b> Possible Burger - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Petite Baby Carrots - <b>S</b> Sweet Corn Fruit - <b>S</b>	<b>3-24</b> Crispy Chicken Sandwich Deli Turkey & Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans or Campfire Baked Beans Frozen Juice Cup	<b>3-25</b> Savory Beef Submarine Chinese Chicken Salad/Aloha Roll or Mexicali Salad / Crunchy Tortilla Chips Petite Baby Carrots - <b>S</b> Roasted Potato Wedges Fruit Cup	<b>3-26</b> Nacho Dip & Chips or Taco Bean Dip / Crunchy Tortilla Chips Chicken Caesar Salad & Cheesy Bread Fresh Garden Salad Sweet Corn Fruit - <b>S</b>	<b>3-27</b> Beef & Cheese Taco Burrito and/or Fish Nuggets/Aloha Roll Yellow Submarine Sandwich or Classic Tuna Sandwich Petite Baby Carrots - <b>S</b> Golden Hash Brown Patties Fruit - <b>S</b>
<b>3-30</b> Bean & Cheese Chimichanga - <b>V</b> Whole Grain Cheese Pizza Wedge - <b>V</b> Toasted Cheese Sandwich - <b>V</b> Tangy Salsa Cup Sweet Corn Fruit - <b>S</b>	<b>3-31</b> Roasted Chicken / Artisan Roll or Mac N' Cheese Deli Turkey & Cheese Sandwich Fresh Garden Salad Roasted Corn Frozen Juice Cup or Fruit - <b>S</b>			

**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>

Posted 03/02/20

For more information call (213) 241-6422

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