



April 2019 - Menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grades 9-12 Lunch

MENUS ARE SUBJECT TO CHANGE

<p>4-1 Teriyaki Veggie Patty Sandwich -V Whole Grain Cheese Pizza Wedge -V Deli Cheese Sandwich -V Mini Potato Tots Petite Baby Carrots - S Fruit - S Fruit Juice</p>	<p>4-2 Oven Fried Chicken Drumstick Corn Muffin Whole Grain Pepperoni Pizza Yogurt Parfait Wholesome Granola -V Classic Tuna Sandwich Waffle Cut Fries Fresh Garden Salad Fruit - S Frozen Juice Slush</p>	<p>4-3 Zesty Beef Chalupa with Rice Crispy Chicken Filet Sandwich Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Fiesta Pinto Beans Petite Baby Carrots - S Fruit Cup Fruit Juice</p>	<p>4-4 Manager's Choice Whole Grain Hawaiian Pizza Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Roasted Potato Wedges Petite Baby Carrots - S Fruit - S Fruit Juice</p>	<p>4-5 Teriyaki Beef Dipper Rice Bowl Café LA Burger or Café LA Cheeseburger Tuna Salad Plate Pretzel Roll Deli Turkey & Cheese Sandwich Broccoli Buds Lettuce & Tomato Frozen Fruit Cup Fruit Juice</p>
<p>4-8 Bean & Cheese Pupusa Curtido Slaw -V Teriyaki Veggie Patty Sandwich -V Whole Grain Cheese Pizza Wedge -V Yogurt Parfait Wholesome Granola -V Deli Cheese Sandwich -V Golden Hash Brown Patties Petite Baby Carrots - S Fruit - S Fruit Juice</p>	<p>4-9 Chicken Tenders Corn Muffin Whole Grain Pepperoni Pizza Chicken Caesar Salad & Cheesy Bread Classic Tuna Sandwich Waffle Cut Fries Fresh Garden Salad Fruit - S Frozen Juice Cup</p>	<p>4-10 Taco Bean Dip Crunchy Tortilla Chips Crispy Chicken Filet Sandwich Chinese Chicken Salad Aloha Roll California Chicken Wrap Sweet Corn Tangy Salsa Cup Fruit - S Fruit Juice</p>	<p>4-11 Mini Chicken Corn Dogs Whole Grain Hawaiian Pizza Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Ruffle Fries Petite Baby Carrots - S Fruit Cup Fruit Juice</p>	<p>4-12 Mesquite BBQ Pork Sandwich Café LA Burger or Café LA Cheeseburger Tuna Salad Plate Pretzel Roll Deli Turkey & Cheese Sandwich Fiesta Pinto Beans Lettuce & Tomato Frozen Fruit Cup Fruit Juice</p>
<p>4-15 Cheese Ravioli Artisan Roll -V Teriyaki Veggie Patty Sandwich -V Whole Grain Cheese Pizza Wedge -V Yogurt Parfait Wholesome Granola -V Deli Cheese Sandwich -V Golden Hash Brown Patties Petite Baby Carrots - S Fruit - S Fruit Juice</p>	<p>4-16 Philly Cheese Steak Sandwich Whole Grain Pepperoni Pizza Chicken Caesar Salad & Cheesy Bread Classic Tuna Sandwich Fresh Garden Salad Waffle Cut Fries Fruit - S Frozen Juice Slush</p>	<p>4-17 Zesty Beef Chalupa with Rice Crispy Chicken Filet Sandwich Chinese Chicken Salad Aloha Roll Pastrami & Cheese Croissant Fiesta Pinto Beans Petite Baby Carrots - S Fruit - S Fruit Juice</p>	<p>4-18 Turkey Burger Whole Grain Hawaiian Pizza Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Roasted Potato Wedges Petite Baby Carrots - S Fruit Cup Fruit Juice</p>	<p>4-19 Salisbury Steak & Mashed Potatoes Artisan Roll Café LA Burger or Café LA Cheeseburger Tuna Salad Plate Pretzel Roll Deli Turkey & Cheese Sandwich Creamy Mashed Potatoes Lettuce & Tomato Frozen Fruit Cup Fruit Juice</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.



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4-22

Bean & Cheese Pupusa Curtido Slaw - **V**
 Teriyaki Veggie Patty Sandwich - **V**
 Whole Grain Cheese Pizza Wedge - **V**
 Yogurt Parfait Wholesome Granola - **V**
 Deli Cheese Sandwich - **V**
 Ruffle Fries
 Petite Baby Carrots - **S**
 Fruit - **S**
 Fruit Juice

4-23

Taco Bean Dip
 Crunchy Tortilla Chips
 Whole Grain Pepperoni Pizza
 Chicken Caesar Salad & Cheesy Bread
 Classic Tuna Sandwich
 Sweet Corn
 Tangy Salsa Cup
 Fruit - **S**
 Frozen Juice Cup

4-24

Mesquite BBQ Pork Sandwich
 Crispy Chicken Filet Sandwich
 Chinese Chicken Salad
 Aloha Roll
 California Chicken Wrap
 Roasted Potato Wedges
 Petite Baby Carrots - **S**
 Fruit - **S**
 Fruit Juice

4-25

Manager's Choice
 Whole Grain Hawaiian Pizza
 Chicken Caesar Salad & Cheesy Bread
 Yellow Submarine Sandwich
 Fiesta Pinto Beans
 Petite Baby Carrots - **S**
 Fruit Cup
 Fruit Juice

4-26

Tangerine Chicken & Fried Rice Bowl
 Café LA Burger or Café LA Cheeseburger
 Tuna Salad Plate Pretzel Roll
 Deli Turkey & Cheese Sandwich
 Broccoli Buds
 Lettuce & Tomato
 Frozen Fruit Cup
 Fruit Juice

4-29

Bean & Cheese Pupusa Curtido Slaw - **V**
 Whole Grain Cheese Pizza Wedge - **V**
 Cheesy Pretzel Sandwich - **V**
 Yogurt Parfait Wholesome Granola - **V**
 Ruffle Fries
 Petite Baby Carrots - **S**
 Fruit Cup
 Fruit Juice

4-30

Philly Cheese Steak Sandwich
 Whole Grain Pepperoni Pizza
 Chicken Caesar Salad & Cheesy Bread
 Classic Tuna Sandwich
 Fresh Garden Salad
 Waffle Cut Fries
 Fruit - **S**
 Frozen Juice Cup

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

Posted 03/28/19

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