



# October 2021 Menus

MENUS ARE SUBJECT TO CHANGE

Grades 6-12 Week - October 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>				
10-04 Deluxe Cereal Bowl - <b>V</b> Fresh Fruit Fruit Juice Got Milk	10-05 Cheese Stuffed Pocket - <b>V</b> Fresh Apple Slices Fruit Juice Got Milk	10-06 Beef Sausage Pancake Sandwich Fresh Fruit Applesauce Cup Got Milk	10-07 Fiesta Bean & Cheese Burrito Fresh Apple Slices Mixed Fruit Cup Got Milk	10-08 Cinnamon Pan Dulce - <b>V</b> Fresh Fruits Got Milk
<b>L U N C H</b>				
10-04 Nachoboli - <b>V</b> Strawberry Yogurt & Granola - <b>V</b> Celery Sticks Sweet Corn Fresh Fruit Got Milk	10-05 Hot & Spicy Chicken Sandwich Cheesy Pillows - <b>V</b> Roasted Potato Wedges Orange Medley Juice Mixed Fruit Cup Got Milk	10-06 Deli Turkey Ham Sandwich Cheese Pizza Wedge - <b>V</b> Romaine Salad Cheddar Chickpeas Fresh Grapes Got Milk 	10-07 Cherry Blossom Chicken & Rice Toasted Cheese Sandwich - <b>V</b> Coleslaw Cherry Smooth Cup Fresh Fruit Got Milk	10-08 Turkey Burger Bean & 2-Cheese Dip - <b>V</b> Fritos Corn Chips Petite Baby Carrots Cheddar Chickpeas Fresh Fruit Got Milk
<b>S U P P E R</b>				
10-04 Italiano Pizza Kit - <b>V</b> Berry Berry Blue Slush Fresh Fruit Got Milk	10-05 Sunflower Seeds Ranch Cheddar Cheese SunChips Coleslaw Frozen Black Cherry Juice Got Milk	10-06 Chicken Drumstick & Ruffle Fries Honey Biscuit Petite Baby Carrots Hula Cooler Slush Got Milk	10-07 Three Cheese Calzone Celery Sticks Peach Pop Got Milk	10-08 Deep Dish Beef-Turkey Pepperoni Pizza Romaine Salad Kiwi Strawberry Slush Got Milk



SCAN HERE  
for Heating  
Instructions



Serving pluots 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

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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