




October 2021 Menus

MENUS ARE SUBJECT TO CHANGE

Grades K-5 Week - October 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T				
10-04 Deluxe Cereal Bowl - V Fresh Fruit Fruit Juice Got Milk	10-05 Cheese Stuffed Pocket - V 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 - V Fresh Fruits Got Milk
L U N C H				
10-04 Nachoboli - V Celery Sticks Sweet Corn Fresh Fruit Got Milk	10-05 Hot & Spicy Chicken Sandwich Roasted Potato Wedges Orange Medley Juice Mixed Fruit Cup Got Milk	10-06 Deli Turkey Ham Sandwich Romaine Salad Cheddar Chickpeas Fresh Grapes Got Milk 	10-07 Cherry Blossom Chicken & Rice Coleslaw Cherry Smooth Cup Fresh Fruit Got Milk	10-08 Turkey Burger Petite Baby Carrots Cheddar Chickpeas Fresh Fruit Got Milk
S U P P E R				
10-04 Italiano Pizza Kit - V 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/cafelat>
For more information call (213) 241-6422

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