




September 2021 Menus

MENUS ARE SUBJECT TO CHANGE

Grades 6-12 Week - September 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T				
09-27 Berry Scone - V Fresh Fruit Fruit Juice Got Milk	09-28 Café LA Coffee Cake - V Fresh Apple Slices Fruit Juice Got Milk	09-29 French Toast Trio - V Fresh Fruit Applesauce Cup Got Milk	09-30 Fiesta Bean & Cheese Burrito Fresh Apple Slices Mixed Fruit Cup Got Milk	10-01 Beef & Cheese Sunrise Stick Fresh Fruits Got Milk
L U N C H				
09-27 Cheesy Garlic Bread - V Strawberry Yogurt & Granola - V Celery Sticks Roasted Potato Wedges Peachy Peaches Got Milk	09-28 Chicken Dumplings Cheesy Pillows - V Coleslaw Cherry Smooth Cup Mixed Fruit Cup Got Milk	09-29 Zesty Beef Chalupa Cheese Pizza Wedge - V Romaine Salad Salsa Cup Fresh Pluot Got Milk 	09-30 Yang's Orange Chicken & Rice Toasted Cheese Sandwich - V Petite Baby Carrots Hummus Cup Frozen Strawberry Creamsicle Got Milk	10-01 Bean & 2-Cheese Dip & Fritos Corn Chips - V Pork Chop Patty Cornbread Orange Medley Juice Salsa Cup Fresh Fruit Got Milk
S U P P E R				
09-27 Bean & Cheese Chimichanga - V Salsa Cup Fresh Fruit Got Milk	09-28 Strawberry Yogurt & Granola - V Kettle Popcorn Petite Baby Carrots Sour Watermelon Cup Got Milk	09-29 All American Burger Ruffle Fries Hula Cooler Slush Got Milk	09-30 Whole Grain Sausage Pizza Berry Berry Blue Slush Fresh Plum Got Milk	10-01 Pizzaboli - V Romaine Salad Dried Cranberries 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

Posted 09/17/21