




# September 2021 Menus

MENUS ARE SUBJECT TO CHANGE

**Grades K-5** Week - September 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>				
09-27 Berry Scone - <b>V</b> Fresh Fruit Fruit Juice Got Milk	09-28 Café LA Coffee Cake - <b>V</b> Fresh Apple Slices Fruit Juice Got Milk	09-29 French Toast Trio - <b>V</b> 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
<b>L U N C H</b>				
09-27 Cheesy Garlic Bread - <b>V</b> Celery Sticks Roasted Potato Wedges Peachy Peaches Got Milk	09-28 Chicken Dumplings Coleslaw Cherry Smooth Cup Mixed Fruit Cup Got Milk	09-29 Zesty Beef Chalupa Romaine Salad Salsa Cup Fresh Pluot Got Milk 	09-30 Yang's Orange Chicken & Rice Petite Baby Carrots Hummus Cup Frozen Strawberry Creamsicle Got Milk	10-01 Bean & 2-Cheese Dip & Fritos Corn Chips - <b>V</b> Orange Medley Juice Salsa Cup Fresh Fruit Got Milk
<b>S U P P E R</b>				
09-27 Bean & Cheese Chimichanga - <b>V</b> Salsa Cup Fresh Fruit Got Milk	09-28 Strawberry Yogurt & Granola - <b>V</b> 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 - <b>V</b> 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

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