



May 2022 Menus

MENUS ARE SUBJECT TO CHANGE

ECS Menus Week - May 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T				
05-16 Cheese Stuffed Pocket - V Fruit Juice Got Milk	05-17 Turkey Sausage Square Apple Got Milk	05-18 French Toast Trio - V Fruit Juice Got Milk	05-19 Fiesta Bean & Cheese Burrito - V Fresh Apple Got Milk	05-20 Deluxe Cereal - V Fresh Apple Got Milk
L U N C H				
05-16 Pizzaboli - V Cooked Sliced Carrots Romaine Mix Salad Applesauce Cup Got Milk	05-17 Pork Chop Patty Cornbread Creamy Mashed Potatoes Romaine Mix Salad Hula Cooler Slush Got Milk	05-18 Beef Teriyaki Dippers & Rice Romaine Mix Salad Orange Medley Juice Peach Pop Got Milk	05-19 Fish Sticks Ruffle Fries Romaine Mix Salad Frozen Strawberry Cup Got Milk	05-20 Cheese Lasagna Roll-up Hummus Cup Romaine Mix Salad Mixed Fruit Cup Got Milk
S N A C K S				
05-16 Deluxe Cereal - V Got Milk	05-17 Ranch Cheddar Cheese - V Fresh Fruit	05-18 Deluxe Cereal - V Got Milk	05-19 Food & Nutrition Crackers - V Got Milk	05-20 Blueberry Muffin - V Got Milk



SCAN HERE
for Heating
Instructions

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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