



May 2022 Menus

MENUS ARE SUBJECT TO CHANGE

Grades 6-12 Week - May 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T				
<i>Take Home Breakfasts to heat and eat at home.</i>				
05-23 Blueberry Muffin - V Fruit Juice Got Milk	05-24 Beef & Cheese Sunrise Stick Fresh Apple Got Milk	05-25 Beef, Egg & Cheese Burrito Fruit Juice Got Milk	05-26 Café LA Coffee Cake - V Fresh Apple Got Milk	05-27 Cheese Stuffed Pocket - V Fresh Apple Got Milk
L U N C H				
05-23 Toasted Cheese Sandwich - V Mexicali Salad - V Managers' Choice - V Hummus Cup Cabbage & Kale Salad Fresh Fruit Got Milk	05-24 All Star Turkey Hot Dog Chinese Chicken Salad with Hawaiian Roll Managers' Choice - V Petite Baby Carrots Romaine Mix Salad Mixed Fruit Cup Got Milk	05-25 Yang's Orange Chicken & Rice Chef's Salad with Croutons Managers' Choice - V Mixed Vegetables Strawberry Spring Greens Salad Peach Pop Got Milk 	05-26 Pork Chop Patty Honey Biscuit Chinese Chicken Salad with Hawaiian Roll Managers' Choice - V Cooked Sliced Carrots Cabbage & Kale Salad Frozen Strawberry Cup Got Milk	05-27 Café LA Burger Crispy Chicken Caesar Salad with Croutons Managers' Choice - V Ruffle Fries Romaine Mix Salad Mixed Fruit Cup Got Milk
S U P P E R				
05-23 Cheesy Flatbread - V Marinara Cup Fresh Apple Slices Got Milk	05-24 Fiestada Stuffed Sandwich Salsa Cup Fruit Slush Paradise Punch Got Milk	05-25 2 Turkey Sticks Crunch & Crave Churro Crackers Celery Sticks Raisins Got Milk	05-26 Bean & Cheese Burrito - V Salsa Cup Fresh Banana Got Milk	05-27 Deep Dish Turkey Beef Pepperoni Pizza Coleslaw Dried Cranberries Got Milk



SCAN HERE
for Heating
Instructions



Serving Fresh
Strawberry Spring
Greens Salad 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

w_1 Posted 05/12/22