




May 2022 Menus

MENUS ARE SUBJECT TO CHANGE

ECS Menus Week - May 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T				
05-23 Buttery Maple Waffle - V Fruit Juice Got Milk	05-24 Deluxe Cereal Bowl - V Fresh Apple Got Milk	05-25 Beef, Egg & Cheese Burrito Fruit Juice Got Milk	05-26 French Toast Trio - 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 Paradise Punch Vegetable Juice Romaine Mix Salad Applesauce Cup Got Milk	05-24 Café LA Burger Orange Medley Juice Romaine Mix Salad Mixed Fruit Cup Got Milk	05-25 Yang's Orange Chicken & Rice Cooked Sliced Carrots Strawberry Spring Greens Salad Peach Pop Got Milk 	05-26 Beef Steak with Gravy Honey Biscuit Hummus Cup Romaine Mix Salad Frozen Strawberry Cup Got Milk	05-27 Crispy Chicken Sandwich Ruffle Fries Romaine Mix Salad Mixed Fruit Cup Got Milk
S N A C K S				
05-23 Deluxe Cereal Bowl - V Got Milk	05-24 Blueberry Muffin - V Got Milk	05-25 Deluxe Cereal Bowl - V Got Milk	05-26 Honey Maid Squares - V Got Milk	05-27 Ranch Cheddar Cheese - V Fresh Fruit



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