




# May 2022 Menus

MENUS ARE SUBJECT TO CHANGE

Grades 6-12 Week - May 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B R E A K F A S T</b>				
<i>Take Home Breakfasts to heat and eat at home.</i>				
05-09 Buttery Maple Waffle - <b>V</b> Fruit Juice Got Milk	05-10 Deluxe Cereal Bowl - <b>V</b> Fresh Apple Got Milk	05-11 Café LA Coffee Cake - <b>V</b> Fruit Juice Got Milk	05-12 Beef, Egg & Cheese Burrito Fresh Apple Got Milk	05-13 Cheese Stuffed Pocket - <b>V</b> Fresh Apple Got Milk
<b>L U N C H</b>				
05-09 Toasted Cheese Sandwich - <b>V</b> Mexicali Salad - <b>V</b> Managers' Choice - <b>V</b> Sweet Corn Cabbage & Kale Salad Perfect Pears Got Milk	05-10 Penne Rigati & Turkey Meatballs Chinese Chicken Salad with Crispy Noodles Managers' Choice - <b>V</b> Orange Medley Juice Romaine Mix Salad Mixed Fruit Cup Got Milk	05-11 Chicken Tenders, Homestyle Chef's Salad with Croutons - <b>V</b> Managers' Choice - <b>V</b> Cooked Sliced Carrots Salad-Strawberry Spring Greens Peach Pop Got Milk 	05-12 Deli Turkey Ham & Cheese Sandwich Chinese Chicken Salad with Crispy Noodles Managers' Choice - <b>V</b> Mixed Vegetables Cabbage & Kale Salad Fresh Banana Got Milk	05-13 Zesty Beef Chalupa Crispy Chicken Caesar Salad with Croutons Managers' Choice - <b>V</b> Fiesta Pinto Beans Romaine Mix Salad Mixed Fruit Cup Got Milk
<b>S U P P E R</b>				
05-09 Cheesy Flatbread - <b>V</b> Marinara Cup Fresh Apple Slices Got Milk	05-10 Turkey Stick Ranch Cheddar Cheese Sun Chips Berry Berry Blue Slush Dried Cherries Got Milk	05-11 Bean & Cheese Burrito Salsa Cup Frozen Black Cherry Juice Cup Got Milk	05-12 Cheesy Pillows - <b>V</b> Celery Sticks Fresh Banana Got Milk	05-13 Three Cheese Calzone - <b>V</b> 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/cafelat>  
For more information call (213) 241-6422

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