



# May 2022 Menus

MENUS ARE SUBJECT TO CHANGE

EECs Menus Week - May 9

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| <b>B R E A K F A S T</b>  |   |   |   |   |
| 05-09<br>Buttery Maple Waffle - <b>V</b><br>Fruit Juice<br>Got Milk   | 05-10<br>Deluxe Cereal Bowl - <b>V</b><br>Fresh Apple<br>Got Milk   | 05-11<br>French Toast Trio - <b>V</b><br>Fruit Juice<br>Got Milk  | 05-12<br>Beef, Egg & Cheese Burrito<br>Fresh Apple<br>Got Milk  | 05-13<br>Cheese Stuffed Pocket - <b>V</b><br>Fresh Apple<br>Got Milk                              |
| <b>L U N C H</b>  |   |   |   |   |
| 05-09<br>Toasted Cheese Sandwich - <b>V</b><br>Paradise Punch Vegetable Juice<br>Romaine Mix Salad<br>Perfect Pears<br>Got Milk | 05-10<br>Penne Rigati & Turkey Meatballs<br>Orange Medley Juice<br>Romaine Mix Salad<br>Mixed Fruit Cup<br>Got Milk | 05-11<br>Chicken Tenders, Homestyle<br>Cooked Sliced Carrots<br>Salad-Strawberry Spring Greens<br>Peach Pop<br>Got Milk | 05-12<br>Deli Turkey Ham & Cheese Sandwich<br>Roasted Potato Wedges<br>Romaine Mix Salad<br>Strawberry Frozen Cup<br>Got Milk | 05-13<br>Cheesy Pillows<br>Fiesta Pinto Beans<br>Romaine Mix Salad<br>Mixed Fruit Cup<br>Got Milk |
| <b>S N A C K S</b>  |   |   |   |   |
| 05-09<br>Deluxe Cereal Bowl - <b>V</b><br>Got Milk  | 05-10<br>Blueberry Muffin - <b>V</b><br>Got Milk  | 05-11<br>Deluxe Cereal Bowl - <b>V</b><br>Got Milk  | 05-12<br>Honey Maid Squares - <b>V</b><br>Got Milk  | 05-13<br>Ranch Cheddar Cheese - <b>V</b><br>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

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