

August 2022 Menu



MENUS ARE SUBJECT TO CHANGE

Week - August 15

Grades 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T				
08-15 Buttery Maple Waffle - V Deluxe Cereal Bowl - V OR Yogurt & Crackers Fruit Juice Got Milk	08-16 Beef, Egg & Cheese Burrito Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Peach Got Milk	08-17 CinnaTwins - V Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Apple Slices Got Milk	08-18 Beef Sausage Pancake Sandwich Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Banana Got Milk	08-19 Café LA Coffee Cake - V Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Plum Got Milk
L U N C H				
08-15 Possible Burger Lettuce & Tomato - V Chik'n Nuggets - V Cornbread Bean & Cheese Pupusa Mac N Cheese - V Mango Smoothie Granola - V OR Smoothie Bowl (Granola) - V Artisan Roll Mexicali Salad with Dressing - V Tostitos Chips Petite Baby Carrots Strawberry Kiwi Fruit Slush Fruit Juice Got Milk	08-16 All Star Turkey Hot Dog Chicken Tenders, Homestyle Honey Biscuit Nachos (Chips, Jalapeno Cheese Cup & Salsa) Beef Teriyaki Dippers & Carrot Rice Bowl Turkey Breast & Cheese Sandwich Chicken Caesar Salad with Dressing Artisan Roll Café LA Salad Hummus Cup Fresh Nectarine Fruit Juice Got Milk	08-17 Café LA Burger with Lettuce & Tomato OR Café LA Cheeseburger with Lettuce & Tomato Oven Fried Chicken Drumstick Cornbread Cheese Pizza Wedge - V OR Pepperoni Pizza Wedge Salisbury Steak & Mashed Potato Bowl Cornbread Mango Smoothie Granola - V OR Smoothie Bowl (Granola) - V Chinese Chicken Salad with Dressing Hawaiian Roll Thick Cut Fries Orange Medley Juice Fresh Pluot Fruit Juice Got Milk	08-18 All Star Turkey Hotdog Nashville Hot Tenders & Honey Biscuit Nachos (Chips, Jalapeno Cheese Cup & Salsa) Yang's Orange Chicken & Broccoli Rice Bowl Yellow Submarine with Lettuce & Tomato Chef's Salad with Dressing Artisan Roll Café LA Salad Petite Baby Carrots Fresh Peach Fruit Juice Got Milk	08-19 Café LA Burger with Lettuce & Tomato OR Café LA Cheeseburger Lettuce & Tomato Spicy Breaded Chicken Sandwich Lettuce & Tomato Cheese Pizza Wedge - V OR Pepperoni Pizza Wedge Penne Rigati & Turkey Meatballs Manager's Choice Smoothie Granola - V OR Smoothie Bowl (Granola) - V Chicken Caesar Salad with Dressing Artisan Roll Ruffle Fries Cherry Smooth Cup Frozen Strawberry Cup Fruit Juice Got Milk



Serving Fresh Pluot 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

Visit us @ <http://achieve.lausd.net/cafela>
For more information call (213) 241-6422

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S U P P E R				
08-15 Nachoboli - V OR Cheesy Pillows - V Berry Berry Blue Slush Peach Cup Got Milk	08-16 Beef & Cheese Burrito OR Turkey Stick Creamy Chickpea Cup Crackers Salsa Cup Fresh Fruit Got Milk	08-17 Cheese Quesadilla - V OR Turkey Ham & Cheese Sandwich Lettuce & Tomato Paradise Punch Veg Juice Applesauce Cup Got Milk	08-18 Deep Dish Pepperoni Pizza OR Wowbutter Cup - V Ranch Cheddar Cheese Crackers Cherry Smooth Cup Fresh Fruit Got Milk	08-19 Cheesy Flatbread - V OR Sunbutter & Jelly Sandwich - V Celery Sticks Peach Pop Got Milk



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