

August 2022 Menu



MENUS ARE SUBJECT TO CHANGE

Week - August 15
Grades K-5

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 Fresh Apple Fruit Juice Got Milk	08-16 Beef, Egg & Cheese Burrito Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Peach Fruit Juice Got Milk	08-17 CinnaTwins - V Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Apple Slices Fruit Juice Got Milk	08-18 Beef Sausage Pancake Sandwich Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Banana Fruit Juice Got Milk	08-19 Café LA Coffee Cake - V Deluxe Cereal Bowl - V OR Yogurt & Crackers Fresh Plum Fruit Juice Got Milk
L U N C H				
08-15 Mac N Cheese - V Possible Burger Lettuce & Tomato - V Toasted Cheese Sandwich - V OR Yogurt Granola - V or Mexicali Salad with Dressing - V Tostitos Chips Café LA Salad Petite Baby Carrots Strawberry Kiwi Fruit Slush Got Milk	08-16 Breaded Cheese Fish Wedge Pepperoni Pizza Wedge Turkey Breast & Cheese Sandwich Lettuce & Tomato OR Yogurt Granola - V Chicken Caesar Salad with Dressing Artisan Roll Café LA Salad Hummus Cup Fresh Nectarine Got Milk	08-17 Turkey Sausage Pizza Chicken Tenders, Homestyle Honey Biscuit Sunbutter & Jelly Sandwich OR Yogurt Granola - V Chinese Chicken Salad with Dressing Café LA Salad Sweet Corn Fresh Pluot Got Milk	08-18 Yang's Orange Chicken & Broccoli Rice Bowl All Star Turkey Hotdog Yellow Submarine Sandwich Lettuce & Tomato OR Yogurt Granola - V Chef's Salad with Dressing Artisan Roll Café LA Salad Petite Baby Carrots Fresh Peach Got Milk	08-19 Café LA Burger with Lettuce & Tomato Crispy Chicken Sandwich Lettuce & Tomato OR Tuna Sandwich OR Yogurt Granola - V Chicken Caesar Salad with Dressing Artisan Roll Café LA Salad Ruffle Fries Frozen Strawberry Cup 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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MONDAY

TUESDAY

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THURSDAY

FRIDAY

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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