

# March 2011

## Lunch Menu - SECONDARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Cheeseburger 🍔 Yogurt Trio Plate w/Graham Crackers ✓ Beef Steak Fingers with Gravy & WW Roll 🍔 <i>Optional Weekly Entrée*</i> Crisp Baked Potato Rounds Cucumber Coins Seasonal Fruit	<b>2</b> Deluxe Meat & Cheese Sauce Bean & Cheese Burrito ✓ Oven Roasted Chicken with WW Roll 🍔 <i>Optional Weekly Entrée*</i> Baked Tortilla Chips Fresh Baby Carrots Seasonal Fruit	<b>3</b> Sliced Pepperoni Pizza 🍕 Vegetarian Sweet & Sour with Brown Rice ✓ Farmers Market Salad w/ WW Dinner Roll ✓ <i>Optional Weekly Entrée*</i> Oven Roasted Potato Wedges Frozen Chocolate Cup   Seasonal Fruit	<b>4</b> Breaded Fish Nuggets w/Green Beans & WW Roll 🍔 Macaroni Au Gratin & WW Roll ✓ Chicken Italiano Melt <i>Optional Weekly Entrée*</i> Celery Sticks Strawberry Cup Seasonal Fruit
<b>7</b> Beef Taco Triangles Oven Baked Pizza ✓ Red Chile Beef & Bean Burrito 🍔 <i>Optional Weekly Entrée**</i> Fresh Apple Slices Peach Cup Seasonal Fruit	<b>8</b> Spaghetti & Meatballs with WG Breadsticks 🍝 Yogurt Trio Plate w/Graham Crackers ✓ BBQ Pork Sandwich <i>Optional Weekly Entrée**</i> Corn on the Cob Crisp Broccoli Bites Seasonal Fruit	<b>9</b> Italian Calzone w/Turkey Pepperoni Cheese Ravioli w/Sauce & WW Roll ✓ Breaded Chicken Nuggets & WW Roll 🍔 <i>Optional Weekly Entrée**</i> Celery Sticks Fresh Baby Carrots   Seasonal Fruit	<b>10</b> Beef Chalupa Bean & Cheese Burrito ✓ Hot & Spicy Chicken Strips/WW Roll 🍔 <i>Optional Weekly Entrée**</i> Shredded Lettuce & Tomato Frozen Orange Juice Cup Seasonal Fruit	<b>11</b> Orange Chicken Bowl 🍗 Toasted Cheese Sandwich ✓ Parmesan Lasagna/WG Breadsticks 🍝 <i>Optional Weekly Entrée**</i> Oven Baked Crinkle Cut Fries Edamame Seasonal Fruit
<b>14</b> Café LA Chicken & Cheese Enchiladas 🍔 Deli Turkey Submarine on Wheat Beef Corn Dog <i>Optional Weekly Entrée*</i> Crisp Broccoli Bites Frozen Orange Juice Cup Seasonal Fruit	<b>15</b> Cheeseburger 🍔 Yogurt Trio Plate w/Graham Crackers ✓ Beef Steak Fingers with Gravy & WW Roll 🍔 <i>Optional Weekly Entrée*</i> Crisp Baked Potato Rounds Cucumber Coins Seasonal Fruit	<b>16</b> Deluxe Meat & Cheese Sauce Bean & Cheese Burrito ✓ Oven Roasted Chicken with WW Roll 🍔 <i>Optional Weekly Entrée*</i> Baked Tortilla Chips Fresh Baby Carrots Seasonal Fruit	<b>17</b> Sliced Pepperoni Pizza 🍕 Vegetarian Sweet & Sour with Brown Rice ✓ Farmers Market Salad w/ WW Dinner Roll ✓ <i>Optional Weekly Entrée*</i> Oven Roasted Potato Wedges Frozen Chocolate Cup   Seasonal Fruit	<b>18</b> Breaded Fish Nuggets w/Green Beans & WW Roll 🍔 Macaroni Au Gratin & WW Roll ✓ Chicken Italiano Melt <i>Optional Weekly Entrée*</i> Celery Sticks Strawberry Cup Seasonal Fruit
<b>21</b> Beef Taco Triangles Oven Baked Pizza ✓ Red Chile Beef & Bean Burrito 🍔 <i>Optional Weekly Entrée**</i> Fresh Apple Slices Peach Cup Seasonal Fruit	<b>22</b> Spaghetti & Meatballs with WG Breadsticks 🍝 Yogurt Trio Plate w/Graham Crackers ✓ BBQ Pork Sandwich <i>Optional Weekly Entrée**</i> Corn on the Cob Crisp Broccoli Bites Seasonal Fruit	<b>23</b> Italian Calzone w/Turkey Pepperoni Cheese Ravioli w/Sauce & WW Roll ✓ Breaded Chicken Nuggets & WW Roll 🍔 <i>Optional Weekly Entrée**</i> Celery Sticks Fresh Baby Carrots   Seasonal Fruit	<b>24</b> Beef Chalupa Bean & Cheese Burrito ✓ Hot & Spicy Chicken Strips/WW Roll 🍔 <i>Optional Weekly Entrée**</i> Shredded Lettuce & Tomato Frozen Orange Juice Cup Seasonal Fruit	<b>25</b> Orange Chicken Bowl 🍗 Toasted Cheese Sandwich ✓ Parmesan Lasagna/WG Breadsticks 🍝 <i>Optional Weekly Entrée**</i> Oven Baked Crinkle Cut Fries Edamame Seasonal Fruit
<b>28</b> Café LA Chicken & Cheese Enchiladas 🍔 Deli Turkey Submarine on Wheat Beef Corn Dog <i>Optional Weekly Entrée*</i> Crisp Broccoli Bites Frozen Orange Juice Cup Seasonal Fruit	<b>29</b> Cheeseburger 🍔 Yogurt Trio Plate w/Graham Crackers ✓ Beef Steak Fingers with Gravy & WW Roll 🍔 <i>Optional Weekly Entrée*</i> Crisp Baked Potato Rounds Cucumber Coins Seasonal Fruit	<b>30</b> Deluxe Meat & Cheese Sauce Bean & Cheese Burrito ✓ Oven Roasted Chicken with WW Roll 🍔 <i>Optional Weekly Entrée*</i> Baked Tortilla Chips Fresh Baby Carrots Seasonal Fruit	<b>31</b> Sliced Pepperoni Pizza 🍕 Vegetarian Sweet & Sour with Brown Rice ✓ Farmers Market Salad w/ WW Dinner Roll ✓ <i>Optional Weekly Entrée*</i> Oven Roasted Potato Wedges Frozen Chocolate Cup   Seasonal Fruit	

✓ - REPRESENT VEGETARIAN ENTRÉE 🍔 - REPRESENT WHOLE GRAIN - Milk offered at each meal: 1% White, FF Strawberry, FF Chocolate, or FF Lactose Free - Manager has the choice to Serve: \*Optional Weekly Entrée: Peanut Butter & Jelly Pocket ✓ and/or Breaded Chicken Nuggets, WW Roll \*\*Optional Weekly Entrée: Peanut Butter & Jelly Pocket ✓/or Whole Grain Breaded Chicken Sandwich 🍔 Optional Daily Side: Spinach Salad - Seasonal Fruit - Fresh Apple Slices, Banana, Orange Citrus Smiles, Seedless Red Grapes, Whole Orange, Fresh Pears, Whole Apple Menus are Subject to Change

Visit us @ <http://cafe-la.lausd.net/>






























































USDA is an equal opportunity provider and employer.

Customer Service Phone(213) 241-3366



# march 2011

# Breakfast Menu - SECONDARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	2 Breakfast on a Stick Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	3 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	4 Egg & Cheese Bagel Sandwich  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice
7 Vanilla Pan Dulce with Baby Carrots  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	8 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	9 Vegetarian Italian Bagel  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	10 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	11 Mini Sausage Roll with Hash Brown Potatoes Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice
14 Whole Grain Pancakes & Chicken Hoagie with Baby Carrots  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	15 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	16 Breakfast on a Stick Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	17 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice 	18 Egg & Cheese Bagel Sandwich  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice
21 Vanilla Pan Dulce with Baby Carrots  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	22 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	23 Vegetarian Italian Bagel  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	24 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	25 Mini Sausage Roll with Hash Brown Potatoes Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice
28 Whole Grain Pancakes & Chicken Hoagie with Baby Carrots  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	29 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	30 Breakfast on a Stick Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	31 Café LA Signature Coffee Cake  Bean & Cheese Burrito  or Variety of Cereal*  Seasonal Fruit Chilled Juice	National Nutrition Month* 2011 

 = REPRESENT VEGETARIAN ENTRÉE  = REPRESENT WHOLE GRAIN - Milk offered at each meal: 1% White, FF Strawberry, FF Chocolate, or FF Lactose Free

\*Variety of Cereal - Multigrain Cheerios, Toasted Oats, Frosted Flakes, Mini Wheats - Available: Grape Jelly, Strawberry Jam, Honey, Syrup

*Menus are Subject to Change*