
























SECONDARY MENU ~ NOVEMBER 2008 - JUNE 2009

BREAKFAST:				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Country Waffle Sticks & Beef Sausage Patty	Café LA Signature Coffee Cake V	Beef Sausage & Biscuit	Streusel & Oat Muffin Square V	Cinnamon French Toast & Chicken Hoagie
Vegetarian Italian Bagels V	 Glorious Morning Burrito	Sliced Bagel & Lite Cream Cheese V	Breakfast Sandwich	Spanish Frittata & Hash Brown Potato
Mini Sausage Rolls	 Whole Grain Pancakes & Chicken Hoagie	Apple Cinnamon Toast & Ham Link	4 oz Fruit & Yogurt Parfait & Graham Crackers V	Home-Style Cinnamon Roll V
Whole Grain Cereal Bowl-Bran Flakes with Raisin & Graham Crackers V	 Whole Grain Cereal Bowl-Oats, Toasted & Graham Crackers V	 Whole Grain Cereal Bowl-Multigrain Cheerios & Graham Crackers V	 Whole Grain Cereal Bowl-Bran Flakes with Raisin & Graham Crackers V	 Whole Grain Cereal Bowl-Oats, Toasted & Graham Crackers V
Fresh Apple Slices V	Seasonal Fruit Compote V	Seasonal Melon Chunks V	Fresh Pear V	Fresh Banana V
Chilled Orange Juice V	Chilled Apple Juice V	Chilled Orange Juice V	Chilled Apple Juice V	Chilled Apple Juice V
*Choice of Milk V	*Choice of Milk V	*Choice of Milk V	*Choice of Milk V	*Choice of Milk V

LUNCH: WEEK #1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red Chile Beef & Bean Burrito	Seasoned Carne Asada Tacos	Wings of Fire & Cheese Bread Bar	 Personal Pan Cheese Pizza V	Hot & Spicy Chicken Strips
Baked Vegetable Bruschetta V	 Breaded Chicken Nuggets	Tostada Fiesta Salad V	 Smoked BBQ Chicken & Whole Wheat Dinner Roll	Chef Salad Americana & Goldfish Crackers
Beef Teriyaki & Steamed Rice Bowl	Garden Salad w/Egg & Saltines V	Pretzel Wrapped Hot dog	Kung Pao Chicken	 Baja Seafood Burrito
Grilled Chicken Sourdough Sandwich	 Charbroiled Beef Patty on Wheat Bun	Mandarin Orange Chicken & Rice	 Garden Veggie Burger V	Vegetarian Chili and Cornbread V
Tuna Fish Salad on Ciabatta Roll	Shaved Pastrami & Swiss on Rye	 Chicken Caesar Spinach Wrap	6" Deli Submarine on Wheat	 Toasted Cheese Sandwich V
Seedless Red Grapes V	Fresh Plums V	Fresh Cut Watermelon V	Crisp Baked Potato Rounds V	Assorted Seasonal Fruit Compote V
Crisp Broccoli Bites & Low Fat Ranch Dip V	Oven Baked Crinkle Cut Fries V	Celery Sticks & Low Fat Ranch Dip V	Frozen Juice Bar V	Chilled Applesauce Cup V
Hash Brown Potatoes V	Fresh Whole Baby Carrots V	Orange Citrus Smiles V	Fresh Jicama Sticks & Lime Wedge V	Fresh Cucumber Coins V
Leaf Lettuce/Tomato/Pickle V	Green Leaf Lettuce/Tomato/Pickle V	Shredded Lettuce/Tomato V	Shredded Lettuce/Diced Tomato V	Green Leaf Lettuce/Tomato/Pickle V
Chilled Apple Juice V	Chilled Orange Juice V	Chilled Apple Juice V	Chilled Orange Juice V	Chilled Orange Juice V
*Choice of Milk V	*Choice of Milk V	*Choice of Milk V	*Choice of Milk V	*Choice of Milk V

LUNCH: WEEK #2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Parmesan Lasagna & Whole Wheat Bread Stick	Sliced Pepperoni Pizza	Chicken Tender Strips & Yeast Roll	South of The Border Enchiladas	Spaghetti & Meatballs/Garlic Cheese Bread
 Whole Grain Breaded Chicken Sandwich	Italian Macaroni Salad & String Cheese V	 Garden Salad & Vegetable Soup with Whole Wheat Dinner Roll V	 Chicken Caesar Salad and Grain Roll	Yogurt & Granola Trio Plate V
Beef Taco Triangles	Seasoned Beef Fajita Nachos	Baked Arroz Con Pollo	Wings of Fire & Cheese Bread Bar	Thai Chicken & Steamed Rice
Low Fat Turkey Corn Dog	 Turkey Ham & Provolone Sandwich	Grande Beef Burger	 Honey BBQ Veg Rib Patty & Grain Roll V	 Turkey & Cheese Deli Wrap
 Peanut Butter & Jelly Pocket V	Spicy Italian Calzone w/ Marinara Sauce	Macaroni Au Gratin & Tuscan Bread V	Smoked Turkey Breast Sandwich	Fish Sandwich
Steamed Vegetable Medley V	Fresh Cut Strawberries V	Deluxe Creamy Coleslaw V	Fresh Banana V	Fruit Basket Medley V
Fresh Nectarine V	Yellow Whole Kernel Corn V	Oven Roasted Potato Wedges V	Frozen Juice Cup V	Oatmeal Peach Cup V
Tossed Green Salad & F/F Dressing V	Fresh Whole Baby Carrots V	Harvest Of The Month Feature V	Shredded Iceberg Lettuce V	Natural Glazed Baby Carrots V
Shredded Iceberg/Tomato/Pickle V	Lettuce/Tomato/Pickle V	Leaf Lettuce/Tomato/Pickle V	Sliced Tomato/Pickle Slices V	Lettuce/Tomato/Pickle V
Chilled Apple Juice V	Chilled Orange Juice V	Chilled Apple Juice V	Chilled Orange Juice V	Chilled Orange Juice V
*Choice of Milk V	*Choice of Milk V	*Choice of Milk V	*Choice of Milk V	*Choice of Milk V

V = Vegetarian	*MILK: Available in 1% or Fat-Free White and Fat-Free Chocolate or Lactose Free
Items Highlighted In Green Represent Fruit/Vegetable Components .	
 Represent Whole Grain	

M&C-11/1/2008
Menus are Subject to Change