MILK CHOICES DAILY
Nonfat White
Nonfat Chocolate
1% White

Los Alamitos Unified School District
ELEMENTARY MENU

✹=Whole Grain
★= Contains Pork
◘= Meatless

Prices & Ala Carte
Student Lunch w/ Milk.....$2.50
Adult Lunch.....$3.50
Milk.....$0.40
Water (8oz).....$0.50

Aug/Sept 2013

PRODUCE BAR EVERY DAY!!

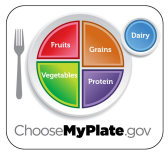
Monday	Tuesday	Wednesday	Thursday	Friday
◘Garden Salad & ✹WG Roll	◘Fruited Yogurt & ✹WG Roll	◘Garden Salad & ✹WG Roll	◘Fruited Yogurt & ✹WG Roll	◘Garden Salad & ✹WG Roll
		28 Golden Chicken Corndog Potato Tots "Welcome Back" Apple -Shaped Cookie	29 Crispy Chicken Nuggets✹ Soft Aloha Roll Sweet Corn	30 ◘Cheese or ★Pepp Galaxy Pizza ✹ 100% Fruit Juice Icee
2 Labor Day Holidy No School 	3 Fiesta Chicken Soft Taco Zesty Salsa Rojo Cinnamon Grahams	4 Orange Chicken Fluffy Asian Brown Rice✹ Steamed Broccoli Fortune Cookie	Throwback Thursday 5 Old-School Sloppy Joe On a Bun✹ Fresh Choc-Chip Cookies	6 ◘Cheese or ★Pepp Wedge Style Pizza ✹ CryBaby Icee McGaugh & Lee
9 South of the Border Bean & Cheese Burrito Zesty Salsa Rojo Churro	10 Popcorn Chicken Corn- Flower Muffin Fluffy Mashed Potato	Wacky Wednesday 11 ◘French Toast✹ String Cheese	12 Hotdog on Whole Wheat Bun✹ Macaroni & Cheese ✹ (Back to School Night)	13 ◘Cheese or ★Pepp Galaxy Pizza✹ 100% Fruit Juice Icee Hop & Ross
Meatless Monday 16 ◘WG Grilled Cheese Sandwich Potato Wedges	17 Golden Chicken Patty On Whole Grain Bun✹ Baked Chips	18 Teryiaki Chicken Fluffy Asian Brown Rice✹ Steamed Broccoli Fortune Cookie	19 LOS AL Spaghetti & Meat Sauce Cheesy Breadstick 	20 ◘Cheese or ★Pepp Wedge Style Pizza ✹ CryBaby Icee LAE & Weaver
23 Crispy Chicken Tenders Sweet Potato Fries Keebler® Elf Grahams	"Try It" Tuesday 24 Beefy Taco Salad Tortilla Chips Look for Great Toppings on the Produce Bar!	25 Mini Pancakes✹ Chicken Sausage Patty 	26 Saucy Rib-B-Que On Whole Grain Bun✹ Seasoned Potato Wedges	27 ◘Cheese or ★Pepp Galaxy Pizza ✹ 100% Fruit Juice Icee McGaugh & Lee
30 ◘Soft Mozzarella Bread Sticks Marinara Dip- Sauce	1 Cheeseburger On Whole Grain Bun✹ Sweet Potato Fries	2 Golden Chicken Corndog Smiley Fries	3 Crispy Chicken Nuggets✹ Soft Aloha Roll Sweet Corn	4 ◘Cheese or ★Pepp Wedge Style Pizza ✹ 100% Fruit Juice Icee Hop & Ross

What's Up in the Cafeteria!

PRODUCE BAR—EVERY DAY!!

Each Day our Produce Bar offers a variety of fruits and vegetables for students. Servings from the Produce Bar are unlimited as long as the student will eat them. Students must take at least one serving of fruit or vegetable daily.

Students are encouraged by parents and school staff—together we can help students make healthy choices.



Fill your PLATE with **COLOR** everyday…
Look to the menu for Colors that match the **MYPLATE-**

"This institution is an equal opportunity provider."
Menus are subject to change without notice