



JANUARY 2012

LAUSD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>M & C: 11/28/2011</p> <p>Winter Recess</p>	<p>3</p> <p>Oven Baked Pizza M G M Whole Kernel Corn M Omega Fruit Cup – Plum F Milk White, 1% or Fat Free</p>	<p>4</p> <p>BBQ Pork Sandwich WG M G Baby Carrots M Seasonal Fresh Fruit F Milk White, 1% or Fat Free</p>	<p>5</p> <p>Turkey & Bean Burrito WG M G Zucchini Sticks M Knight's Local Oranges F Milk White, 1% or Fat Free</p>	<p>6</p> <p>Beef Chalupa WG M G Fresh Broccoli M Protein Whey Cup Fruit Juice F Milk White, 1% or Fat Free</p>
<p>Vegetarian Option Menu Item: Black Bean Burger V WG M G M</p>				
<p>9</p> <p>Turkey Burger WG M G Garlic Fries M Fruit Juice F Milk White, 1% or Fat Free</p>	<p>10</p> <p>Chunky Beef & Vegetable Stew M M Chinese Bao Bun G Seasonal Fresh Fruit F Milk White, 1% or Fat Free</p>	<p>11</p> <p>Chili Verde M M Garlic Toast G Baby Carrots M Omega Fruit Cup – Plum F Milk White, 1% or Fat Free</p>	<p>12</p> <p>Natural Roast Turkey & Au Jus M Whole Wheat Roll WG G Green String Beans M California Fresh Fruit F Milk White, 1% or Fat Free</p>	<p>13</p> <p>Beef Soft Taco with Whole Wheat Tortilla WG M G M Sweet Potato Bites M Seasonal Fresh Fruit F Milk White, 1% or Fat Free</p>
<p>Vegetarian Option Menu Item: Garden Burger V WG M M</p>				
<p>16</p> <p>Martin Luther King Holiday</p>	<p>17</p> <p>Beef Jambalaya M M Whole Wheat Roll WG G Seasonal Fresh Fruit F Milk White, 1% or Fat Free</p>	<p>18</p> <p>Chunky Beef & Vegetable Stew M M Corn Bread G Baby Carrots M Milk White, 1% or Fat Free</p>	<p>19</p> <p>Natural Roast Turkey & Au Jus M Whole Wheat Roll WG G Green String Beans M California Fresh Fruit F Milk White, 1% or Fat Free</p>	<p>20</p> <p>Grilled Chicken Sandwich WG M G Whole Kernel Corn M Omega Fruit Cup – Plum F Milk White, 1% or Fat Free</p>
<p>Vegetarian Option Menu Item: Tortellini & Butternut Squash Sauce with String Cheese V M M</p>				
<p>23</p> <p>Beef Soft Taco with Whole Wheat Tortilla WG M G M Baby Carrots M Fruit Juice F Milk White, 1% or Fat Free</p>	<p>24</p> <p>Turkey Burger M G Garlic Fries M Fruit Juice F Milk White, 1% or Fat Free</p>	<p>25</p> <p>Chili Verde M M Tortilla Chips WG G Zucchini Sticks M Seasonal Fruit F Milk White, 1% or Fat Free</p>	<p>26</p> <p>Natural Roast Turkey & Au Jus M Whole Wheat Roll WG G Green String Beans M California Fresh Fruit F Milk White, 1% or Fat Free</p>	<p>27</p> <p>Beef & Broccoli Bowl WG M G M Omega Fruit Cup – Plum F Milk White, 1% or Fat Free</p>
<p>Vegetarian Option Menu Item: Vegetable Chow Mein with String Cheese V M G M</p>				
<p>30</p> <p>Beef Jambalaya M M Whole Wheat Roll WG G Seasonal Fresh Fruit F Milk White, 1% or Fat Free</p>	<p>31</p> <p>Chunky Beef & Vegetable Stew M M Corn Bread G Seasonal Fresh Fruit F Milk White, 1% or Fat Free</p>	<p>V = Vegetarian WG = Whole Grain M = Meat/Meat Alternate G = Grain/Bread V = Vegetable F = Fruit</p>	<p>USDA is an equal opportunity provider and employer.</p>	<p>Winter Recess: Balanced School – 12/19/11 to 1/2/12 Early Start School – 12/19/11 to 1/6/12 Single Track – 12/19/11 to 1/6/12 4-Track – 12/19/11 to 1/2/12 3-Track – 12/23/11 to 1/2/12</p>
<p>Vegetarian Option Menu Item: Garden Burger V WG M G</p>				

California Fresh Fruit – Knight's Local Orange & Green Pear
 Seasonal Fresh Fruit – Apple, Whole & Apple, Slices

Daily Optional Menu Item: Italian Turkey Deli Submarine **M G or 100% Charbroiled Beef Burger Slider and Shredded Lettuce & Tomatoes **M G M****