

MENÚ



**LA
CAFE**



ALMUERZOS AGOSTO-TODDLERS, PRE-K, KINDER 1-2

Items con # contienen Gluten- Items con * tienen lácteos

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
		Lasagna de queso #* Ensalada mixta bollo fruta	Pollo en crema *# puré de papa Vegetales al vapor bollo pan de banano	Tortitas de res con salsa de tomate # Ensalada de remolacha, espinaca y semillas Arroz blanco Tortilla Manzanas
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Sándwich mantequilla de maní y jalea Ensalada de zanahoria con limón y sal Rodajas de naranja	Filete de pollo empanizado papas doradas Vegetales fruta	sopa de letras con pollo desmenuzado # cubitos de vegetales tortilla de maíz con queso bananos con miel	Macarrones con queso # Ensalada de pepino y lechuga con limón Muffin con chispas de chocolate	Quesadillas #* zanahorias con dip * Sopa de vegetales galletas
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 29
Sopa de zanahoria*# Quiche de puerro Ensalada de pepino y tomate con limón y sal Fruta	Medallones de pollo# Papas salteadas Ensalada verde Bollo chocobananos	Frijoles parados Arroz y queso fresco* omelette con hierbas Tortilla Plátanos cocidos	Espagueti con salsa de tomate# Ensalada mixta Pan bollo gelatina	Pizza de queso Bar de ensaladas Pastel de cumpleaños
Monday 31				
Lentejas guisadas Arroz Ensalada Tortilla Choco piña				

August Lunch Menu – Toddlers, Pre-K, Kindergarten 1 & 2

Items marked with # contain gluten. Items marked with * contain dairy.

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
		Cheese Lasagna #* Mixed Salad Bun Fresh Fruit	Creamy Chicken *# Mashed Potatoes Steamed Vegetables Bun Banana Bread	Beef Patties with Tomato Sauce # Beet, Spinach, and Seed Salad White Rice Tortilla Apples
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Peanut Butter and Jelly Sandwich Carrot Salad with Lime and Salt Orange Slices	Breaded Chicken Fillet Golden Potato Wedges Steamed Vegetables Fresh Fruit	Chicken Alphabet Soup # Diced Vegetables Cheese Corn Tortilla Bananas with Honey	Mac and Cheese # Cucumber and Lettuce Salad with Lime Chocolate Chip Muffin	Quesadillas #* Carrots with Dip * Vegetable Soup Cookies
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 29
Carrot Soup *# Leek Quiche Cucumber and Tomato Salad with Lime and Salt Fresh Fruit	Chicken Medallions # Sautéed Potatoes Green Salad Bun Chocolate-Covered Bananas (Choco Bananas)	Whole Beans Rice with Fresh Cheese * Herb Omelet Corn Tortilla Cooked Plantains	Spaghetti with Tomato Sauce # Mixed Salad Bun Jell-O	Cheese Pizza Salad Bar Birthday Cake
Monday 31				
Stewed Lentils Rice Salad Corn Tortilla Chocolate-Covered Pineapple(Choco Pineapple)				

AGOSTO -MENÚ GRADOS 3 A 12

Items con # contienen Gluten- Items con * tienen lácteos

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
		Lasagna de queso #* Ensalada mixta bollo fruta	Pollo horneado con gravy# Puré de papa Zanahorias con mantequilla Pan bollo Pan de banano Veg. Ensalada de quinoa	Tacos de cerdo adobado Repollo con cilantro guacamole Fruta variada Veg: flautas de vegetales
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Frijoles colorados con tocino Arroz amarillo con verduras Tortillas fruta Veg: frijoles colorados	Pollo guisado con papas y zanahoria ensalada de ejotes y brócoli y coliflor pan de banano bollo Veg: verduras salteadas	Espagueti en salsa boloñesa # Ensalada cesar Pan bollo Manzana Veg: espagueti con salsa roja	Milanesa de res arroz horneado con maíz y queso gelatina tortillas Veg: quinoa y ensalada de vegetales	Chuleta de cerdo barbacoa papas horneadas con queso * Vegetales salteados Naranja con pepitoria Veg. Envuelto de coliflor
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Tacos de pescado guacamole ensalada de repollo morado y blanco y zanahoria rallada con limón Brownie	Burritos de frijoles, arroz y queso *# Pico de gallo Guacamol nuégados	Pollo con champiñones Vegetales Puré de papa* Pan bollo Fruta Veg: strogonoff con hongos	Salpicón de carne de res Arroz con arvejas Ensalada de zanahoria rallada Tortillas de maíz galleta Veg: Ensalada de Quinoa con vegetales salteados	Pizza de queso y vegetales #* Bar de ensaladas Pastel de cumpleaños
Monday 31				
Chao main de vegetales # Ensalada de lechugas, pepino y tomate Pan bollo fruta				

August Lunch Menu – Grades 3–12

Items marked with # contain gluten. Items marked with * contain dairy.

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
		Cheese Lasagna #* Mixed Salad Bun Fresh Fruit	Baked Chicken with Gravy # Mashed Potatoes Buttered Carrots Bun Banana Bread Veg: Quinoa Salad	Adobo Pork Tacos Cabbage with Cilantro Guacamole Assorted Fresh Fruit Veg: Vegetable Flautas
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Frijoles colorados con tocino Arroz amarillo con verduras Tortillas fruta Veg: frijoles colorados	Red Beans with Bacon Yellow Rice with Vegetables Corn Tortillas Fresh Fruit Veg: Red Beans	Spaghetti with Bolognese Sauce # Caesar Salad Bun Apple Veg: Spaghetti with Tomato Sauce	Beef Milanese Baked Rice with Corn and Cheese Jell-O Corn Tortillas Veg: Quinoa and Vegetable Salad	BBQ Pork Chop Baked Potatoes with Cheese Sautéed Vegetables Orange with Pumpkin Seeds Veg: Cauliflower Wrap
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Fish Tacos Guacamole Purple and White Cabbage Salad with Shredded Carrots and Lime Brownie	Bean, Rice, and Cheese Burritos *# Pico de Gallo Guacamole Nuegados (<i>traditional sweet fritters</i>)	Chicken with Mushrooms Vegetables Mashed Potatoes * Bun Fresh Fruit Veg: Mushroom Stroganoff	Beef Salpicón Rice with Green Peas Shredded Carrot Salad Corn Tortillas Cookie Veg: Quinoa Salad with Sautéed Vegetables	Cheese and Vegetable Pizza #* Salad Bar Birthday Cake
Monday 31				
Vegetable Chow Mein # Lettuce, Cucumber, and Tomato Salad Bun Fresh Fruit				

