# LUNCH MENU – SEPTEMBER 2023

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
<td>🍂 🍂 🍂</td>
</tr>
<tr>
<td>🍁 🍁 🍁</td>
<td>🍂 🍂 🍂</td>
<td>🆑 🍂 🆑</td>
<td>🆑 🍂 🆑</td>
<td>🆑 🍂 🆑</td>
</tr>
</tbody>
</table>

This institution is an equal opportunity provider.

Plants need clean water, Care for California, Put fresh on your plate is everyday.
<table>
<thead>
<tr>
<th>LUNES</th>
<th>MARTES</th>
<th>MIÉRCOLES</th>
<th>JUEVES</th>
<th>VIERNES</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>1. Burrito de frijoles y queso palitos de jícama fruta manzana Leche blanca 1%.</td>
</tr>
<tr>
<td>Lunes</td>
<td>Martes</td>
<td>Miércoles</td>
<td>Jueves</td>
<td>Viernes</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>1. Burrito de frijoles y queso palitos de jícama fruta manzana Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>5. Construye tu propia Envoltaur de pollo Tortilla de harina integral Fajitas de Pollo Queso rallado Lechuga picada Naranja Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>6. Stroganoff de Carne Integral Ensalada mixta con Zanahoria Albaricoques Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>7. Burrito de frijoles y queso Zanahorias pequeñas fruta mezclada. Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>8. Costilla De Cerdo A La Barbacoa-B-Q Sand. En Pan Integral Ensalada de col Trocitos de piña. Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>11. Sofrito de Pollo estilo chino Bolillo de trigo integral Naranja Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>12. Bistec Salisbury de res con salsa espesa Bolillo de trigo integral Broccoli manzana Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>13. Pavo de Jamón y queso en pan de trigo integral lechuga picada Zanahorias pequeñas Albaricoques Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>14. Hamburguesa en pan integral con queso Lechuga picada Ensalada de papas Pera en cubitos Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>15. Tiras de pollo Pan Integral palitos de jícama fruta fruta mezclada Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>18. Burrito de frijoles y queso Zanahorias pequeñas Naranja Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>19. Pastel de carne de ternera con salsa Puré de papas Bolillo de trigo integral Albaricoques Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>20. Pajarita de pollo Integral con salsa pesto Popurrí de verduras Pera en cubitos Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>21. Muslo de pollo Bolillo de trigo integral Ensalada mixta fruta mezclada Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>22. Tortilla GE con carina de res sazonada y frijoles Refritos Queso rallado Lechuga picada Trocitos de piña Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>25. Filete de Res en un Pan de trigo integral Lechuga picada Rebanada de queso Ensalada de papas Pera en cubitos Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>26. Stroganoff de Carne Integral Zanahorias pequeñas Naranja Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>27. Muslo De Pollo Santa Fe Bolillo de trigo integral palitos de jícama fruta Albaricoques Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>28. Pavo de Jamón y queso en pan de trigo integral lechuga picada Sopa minestrones fruta mezclada Leche blanca 1%.</td>
</tr>
<tr>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>![Icon]</td>
<td>29. Burrito de frijoles y queso Zanahorias pequeñas manzana Leche blanca 1%.</td>
</tr>
</tbody>
</table>

Esta institución es un proveedor de igualdad de oportunidades.

Cuidemos de California Ponga fruta fresca en su plato. Las plantas necesitan agua limpia.