

EGG FREE MENU

LA MIRADA ACADEMY ONLY

REVISED 6-14-18

2108-2019



EGG FREE ITEMS ARE HIGHLIGHTED IN
YELLOW EF (USE EVERY MONTH)

CAN BE MODIFIED EGG FREE



The menu is available to those students who have an approved medical statement on file with Child Nutrition Services. Call 760-752-1254 if you'd like to sign up your student for this menu. (Any student can choose the items in yellow which are our regular recipes and contain no egg ingredients. Thank you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/17 Bagel & Cream Cheese B38H	Cocoa Bread B04E	Banana Chunk Bar B25E	Mini Pancakes B29E	House-Baked Muffin B39E
Cereal w/ Grahams B18E	Cereal w/ Grahams B18E	Cereal w/ Grahams B18E	Cereal w/ Grahams B18E	Cereal w/ Grahams B18E
164E-D Chicken Bites (2)	119E-D Teriyaki Chicken w/ Rice (2)	508E Bosco Cheese Sticks w/ Marinara (2)	201E Hamburger (1.5)	203H Beef Soft Taco (2)
627E-D Hummus, String Cheese & Crackers (3)	630H-D Grilled Burrito (3)	114E Hot Chicken Sandwich (2.5)	222E Cheeseburger (1.5)	500E 4 x 6 Cheese Pizza (2)
EXTRA TREAT - CHECK EGG FREE	EXTRA TREAT - CHECK EGG FREE			501E 4 x 6 Pepperoni Pizza (2)
	615H-D Yogurt & Fresh-Baked Muffin (3)	332E Chef's Salad (2) (NO ROLL) Can Substitute Herb Crackers for Roll)	615H Yogurt & Fresh-Baked Muffin (2)	610E Cheese Sandwich (2)
			123E Mini-Corndogs (2)	
Mexican Bread B12E	Mini Waffles B47E	Bagel & Cream Cheese B38H	Cinnamon Yogurt Bread B03E	Mini Pancakes B29E
Cereal w/ Grahams B18E	Cereal w/ Grahams B18E	Cereal w/ Grahams B18E	Cereal w/ Grahams B18E	Cereal w/ Grahams B18E
164E Chicken Bites (1)	645E-D BBQ Pork Sliders (3)	114E Hot Chicken Sandwich (2.5)	201E Hamburger (1.5)	101H Chicken Soft Taco (2)
627E Hummus, String Cheese & Crackers (2)	630H-D Grilled Burrito (3)		222E Cheeseburger (1.5)	500E 4 x 6 Cheese Pizza (2)
	EXTRA TREAT - CHECK EGG FREE	332E Chef's Salad (2) (NO ROLL) Can Substitute Herb Crackers for Roll)		501E 4 x 6 Pepperoni Pizza (2)
115E Mandarin Orange Chicken w/ Rice (1)		228H Spaghetti w/ Garlic Toast (2)	615H Yogurt & Fresh-Baked Muffin (2)	610E Cheese Sandwich (2)
	615H Yogurt & Fresh-Baked Muffin (2)		169H Baked Chicken "N" Biscuit (2)	

EGG FREE TREATS: ABC Crackers, Colored Goldfish Crackers, Educational Crackers, Munch Mix (NO FRUIT SMILES--CONT EGG --SUB WITH EF ITEM)

DO NOT OFFER: MAYONAISE OR CAESAR OR RANCH SALAD DRESSING--CONTAIN EGG

MENU SUBJECT TO CHANGE

Two week Cycle Menu available for the 2018-2019 school year. Food preparation will be done at San Marcos High School and transported to La Mirada Academy due to construction on site at La Mirada Academy.

This Institution is an equal opportunity provider.