



# LOS ALTOS BLACH MIDDLE SCHOOL

## MAY



LUNCH K-8 & 9-12 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> - Cheeseburger - Pasta X Plosion! - Cobb Salad Wrap - Bagel Kit	<b>29</b> - Spaghetti W/ Beef Meatsauce - Beef Hot Dog	<b>30</b> - Sesame Orange Chicken W/ Rice - Cheese Wrapadilla - Farmer's Market Chicken Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch	<b>1</b> - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - B& C Burrito - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit	<b>2</b> - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Wrap
<b>5</b> - Hamburger - Pasta W/ Olive Oil & Parmesan Pasta - Chicken Bacon Ranch Wrap - Bagel Kit	<b>6</b> - Chicken Corn Dog - Chicken Burrito - Veggie Chow Mein - Bbq Chicken Wrap - Athenian Chicken Salad W/ Pita Triangles	<b>7</b> - Chicken Calzone - Chicken Chow Mein - Pesto Caprece Salad	<b>8</b> - Breaded Chicken Sandwich - Chicken Kapama W/ Olive Oil & Parmesan Pasta - Mac & Cheese	<b>9</b> - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Dinner Roll
<b>12</b> - Bbq Cheeseburger - Greek Chicken W/ Rice Pilaf - Pasta X Plosion! - Chicken Caesar Wrap	<b>13</b> - Beef Hot Dog - Bbq Chicken Pasta - Broccoli Cheddar Potato Bowl W/ Dinner Roll - Smoked Chicken Wrap	<b>14</b> - Popcorn Chicken & Tater Bowl - Chicken Parm Hoagie - Pasta Primavera	<b>15</b> - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Picnic Bistro Box	<b>16</b> - Pepperoni Pizza - Cheese Pizza - Santa Fe Chicken Salad
<b>19</b> - Hamburger - Boneless Buffalo Chicken Wings & Rice Pilaf - Vegan Fried Rice - Spicy Chicken Wrap	<b>20</b> - Pesto Chicken Sandwich - Sweet And Sour Chicken - Cheesy Breadsticks W/ Marinara Sauce	<b>21</b> - Buffalo Chicken Hoagie - Teriyaki Chicken W/ Rice & Veggies - Chicken Pesto Wrap - Bagel Kit	<b>22</b> - Breaded Chicken Sandwich - Cheesy Bean Dip W/ Tortilla Chips - Breaded Chicken Wrap - Bagel Kit	<b>23</b> - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Dinner Roll
<b>26</b> Memorial Day	<b>27</b> - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito	<b>28</b> - Sesame Orange Chicken W/ Rice - Cheese Wrapadilla - Farmer's Market Chicken Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch	<b>29</b> - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - B& C Burrito - Southwest Veggie Taco Salad W/ Tortilla Chips	<b>30</b> - Pepperoni Pizza - Cheese Pizza

### Drinks

Nonfat Milk, 1% Milk

This institution is an equal opportunity provider and employer



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>29</b> - Vegan Fried Rice	<b>30</b> - Vegan Burrito Bowl	<b>1</b>	<b>2</b> - Myo Vegan Tacos
<b>5</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>6</b>	<b>7</b> - Vegan Red Beans & Rice	<b>8</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>9</b>
<b>12</b> - Vegan Burrito Bowl	<b>13</b> - Vegan Tikka Masala	<b>14</b> - Myo Vegan Tacos	<b>15</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>16</b> - Vegan Spanish Beans W/ Cilantro Lime Rice
<b>19</b>	<b>20</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>21</b> - Vegan Fried Rice	<b>22</b> - Vegan Burrito Bowl	<b>23</b> - Vegan Tikka Masala
<b>26</b> Memorial Day	<b>27</b> - Vegan Fried Rice	<b>28</b> - Vegan Burrito Bowl	<b>29</b> - Vegan Tikka Masala	<b>30</b> - Myo Vegan Tacos

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# LOS ALTOS BLACH MIDDLE SCHOOL

## MAY

# LUNCH K-8 & 9-12

## 2024-2025



Date	Menu Item	Count	Allergens
<b>Monday 28</b>	Cheeseburger	100	Wheat, Soy, Milk, Beef, Sesame
	Pasta X Plosion!	Veg 50	Wheat, Milk, Tomato
	Cobb Salad Wrap	30	Wheat, Soy, Egg, Milk, Tomato, Turkey
	Bagel Kit	Veg 30	Wheat, Soy, Milk, Sesame
<b>Tuesday 29</b>	Spaghetti W/ Beef Meatsauce	100	Wheat, Egg, Beef, Milk, Tomato, Soy
	Beef Hot Dog	100	Wheat, Soy, Beef, Sesame
<b>Wednesday 30</b>	Sesame Orange Chicken W/ Rice	100	Wheat, Soy, Chicken, Sesame
	Cheese Wrapadilla	100	Wheat, Milk
	Farmer's Market Chicken Salad W/ Dinner Roll	10	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Turkey & Cheese On Dutch Crunch	10	Wheat, Soy, Milk, Turkey, Sesame
<b>Thursday 1</b>	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	120	Wheat, Soy, Egg, Milk, Chicken, Sesame
	B&C Burrito	Veg 60	Milk, Wheat, Soy
	Southwest Veggie Taco Salad W/ Tortilla Chips	20	Milk, Soy, Tomato, Egg
	Bagel Kit	Veg 20	Wheat, Soy, Milk, Sesame
<b>Friday 2</b>	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 100	Wheat, Soy, Milk, Tomato
	Chicken Caesar Wrap	10	Wheat, Chicken, Milk, Egg, Fish
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<b>Monday 5</b>	Hamburger	80	Wheat, Soy, Beef, Sesame
	Pasta W/ Olive Oil & Parmesan Pasta	Veg 80	Wheat, Milk
	Chicken Bacon Ranch Wrap	30	Wheat, Milk, Pork, Chicken, Egg, Tomato
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
<b>Tuesday 6</b>	Chicken Corn Dog	100	Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Chicken Burrito	40	Milk, Chicken, Wheat, Tomato
	Veggie Chow Mein	Veg 50	Wheat, Soy, Egg, Sesame
	Bbq Chicken Wrap	20	Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish
	Athenian Chicken Salad W/ Pita Triangles	10	Wheat, Milk, Chicken, Tomato
<b>Wednesday 7</b>			Wheat, Soy, Egg, Milk, Pork, Chicken, Fish,
	Chicken Calzone	160	Tomato, Sesame
	Chicken Chow Mein	50	Wheat, Soy, Egg, Chicken, Sesame
	Pesto Caprese Salad	Veg 10	Wheat, Milk, Tomato
<b>Thursday 8</b>	Breaded Chicken Sandwich	100	Wheat, Soy, Milk, Chicken, Sesame
	Chicken Kapama W/ Olive Oil & Parmesan Pasta	60	Chicken, Wheat, Milk, Tomato
	Mac & Cheese	Veg 60	Wheat, Milk
<b>Friday 9</b>	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 100	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Dinner Roll	20	Wheat, Soy, Milk, Chicken, Sesame
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<b>Monday 12</b>	Bbq Cheeseburger	100	Wheat, Soy, Milk, Beef, Tomato, Sesame
	Greek Chicken W/ Rice Pilaf	50	Chicken
	Pasta X Plosion!	Veg 40	Wheat, Milk, Tomato
	Chicken Caesar Wrap	20	Wheat, Chicken, Milk, Egg, Fish

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<b>Tuesday 13</b>	Beef Hot Dog		140	Wheat, Soy, Beef, Sesame
	Bbq Chicken Pasta		50	Chicken, Wheat, Milk, Tomato
	Broccoli Cheddar Potato Bowl W/ Dinner Roll	Veg	10	Wheat, Soy, Egg, Milk, Sesame
	Smoked Chicken Wrap		10	Wheat, Soy, Egg, Milk, Chicken, Tomato
<b>Wednesday 14</b>	Popcorn Chicken & Tater Bowl		90	Soy, Milk, Chicken, Wheat
	Chicken Parm Hoagie		60	Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Pasta Primavera	Veg	60	Wheat, Milk, Soy
<b>Thursday 15</b>	Chicken Nuggets W/ Rice Pilaf		100	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Veg	70	Egg, Milk, Wheat, Tomato
	Picnic Bistro Box		40	Wheat, Soy, Milk, Chicken, Sesame
<b>Friday 16</b>	Pepperoni Pizza		100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	100	Wheat, Soy, Milk, Tomato
	Santa Fe Chicken Salad		10	Chicken, Milk, Tomato, Soy, Egg
<b>Monday 19</b>	Hamburger		80	Wheat, Soy, Beef, Sesame
	Boneless Buffalo Chicken Wings & Rice Pilaf		90	Wheat, Soy, Milk, Chicken, Sesame
	Vegan Fried Rice	V	30	Soy, Sesame
	Spicy Chicken Wrap		20	Wheat, Soy, Egg, Milk, Chicken, Sesame
<b>Tuesday 20</b>	Pesto Chicken Sandwich		30	Chicken, Milk, Wheat, Soy
	Sweet And Sour Chicken		80	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheesy Breadsticks W/ Marinara Sauce	Veg	100	Wheat, Soy, Milk, Tomato, Sesame
<b>Wednesday 21</b>	Buffalo Chicken Hoagie		80	Wheat, Soy, Milk, Chicken
	Teriyaki Chicken W/ Rice & Veggies		70	Wheat, Soy, Chicken, Sesame
	Chicken Pesto Wrap		30	Chicken, Wheat, Milk, Soy
	Bagel Kit	Veg	30	Wheat, Soy, Milk, Sesame
<b>Thursday 22</b>	Breaded Chicken Sandwich		100	Wheat, Soy, Milk, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips		70	Milk, Soy
	Breaded Chicken Wrap		30	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
<b>Friday 23</b>	Pepperoni Pizza		100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	100	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Dinner Roll		10	Wheat, Soy, Milk, Chicken, Sesame
<b>Tuesday 27</b>	Spaghetti W/ Beef Meatsauce		60	Wheat, Egg, Beef, Milk, Tomato, Soy
	Beef Hot Dog		100	Wheat, Soy, Beef, Sesame
	Black Bean & Veggie Burrito	Veg	40	Milk, Wheat, Tomato
<b>Wednesday 28</b>	Sesame Orange Chicken W/ Rice		90	Wheat, Soy, Chicken, Sesame
	Cheese Wrapadilla		90	Wheat, Milk
	Farmer's Market Chicken Salad W/ Dinner Roll		10	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Turkey & Cheese On Dutch Crunch		20	Wheat, Soy, Milk, Turkey, Sesame
<b>Thursday 29</b>	Chicken Nuggets W/ Olive Oil & Parmesan Pasta		100	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Beef Chili W/ Cornbread		30	Wheat, Soy, Egg, Milk, Beef, Tomato
	B& C Burrito	Veg	60	Milk, Wheat, Soy
	Southwest Veggie Taco Salad W/ Tortilla Chips		20	Milk, Soy, Tomato, Egg
<b>Friday 30</b>	Pepperoni Pizza		100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	100	Wheat, Soy, Milk, Tomato



# LOS ALTOS BLACH MIDDLE SCHOOL

## MAY

# Vegan / Gluten Free



Date	Menu Item		Count	Allergens
<b>Monday 28</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	10	Tomato
<b>Tuesday 29</b>	Vegan Fried Rice	V	20	Soy, Sesame
<b>Wednesday 30</b>	Vegan Burrito Bowl	V	10	Tomato
<b>Friday 2</b>	Myo Vegan Tacos	V	10	Tomato
<b>Monday 5</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	20	Tomato
<b>Wednesday 7</b>	Vegan Red Beans & Rice		10	Tomato
<b>Thursday 8</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	10	Tomato
<b>Monday 12</b>	Vegan Burrito Bowl	V	10	Tomato
<b>Tuesday 13</b>	Vegan Tikka Masala	V	10	Tomato
<b>Wednesday 14</b>	Myo Vegan Tacos	V	10	Tomato
<b>Thursday 15</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	10	Tomato
<b>Friday 16</b>	Vegan Spanish Beans W/ Cilantro Lime Rice	V	10	Tomato
<b>Tuesday 20</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	10	Tomato
<b>Wednesday 21</b>	Vegan Fried Rice	V	20	Soy, Sesame
<b>Thursday 22</b>	Vegan Burrito Bowl	V	10	Tomato
<b>Friday 23</b>	Vegan Tikka Masala	V	10	Tomato
<b>Tuesday 27</b>	Vegan Fried Rice	V	20	Soy, Sesame
<b>Wednesday 28</b>	Vegan Burrito Bowl	V	10	Tomato
<b>Thursday 29</b>	Vegan Tikka Masala	V	10	Tomato
<b>Friday 30</b>	Myo Vegan Tacos	V	20	Tomato

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