



LOS ALTOS BLACH MIDDLE SCHOOL

MAY



LUNCH K-8 & 9-12 2024-2025

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



VEGETARIAN



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGAN

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lunchmaster@thelunchmaster.com



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LOS ALTOS BLACH MIDDLE SCHOOL

MAY



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

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MAY

LUNCH K-8 & 9-12
2024-2025



Date	Menu Item	Count	Allergens
Monday 28	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
Tuesday 29	Spaghetti W/ Beef Meatsauce	100	Wheat, Egg, Beef, Milk, Tomato, Soy
	Beef Hot Dog	100	Wheat, Soy, Beef, Sesame
Wednesday 30	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
Thursday 1	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
Friday 2	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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Monday 5	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
Tuesday 6	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
Wednesday 7			Wheat, Soy, Egg, Milk, Pork, Chicken, Fish,
	Chicken Calzone	160	Tomato, Sesame
	Chicken Chow Mein	50	Wheat, Soy, Egg, Chicken, Sesame
Thursday 8	Pesto Caprece Salad	Veg 10	Wheat, Milk, Tomato
	Breaded Chicken Sandwich	100	Wheat, Soy, Milk, Chicken, Sesame
	Chicken Kapama W/ Olive Oil & Parmesan Pasta	60	Chicken, Wheat, Milk, Tomato
Friday 9	Mac & Cheese	Veg 60	Wheat, Milk
	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 100	Wheat, Soy, Milk, Tomato
Monday 12	Chicken Caesar Salad W/ Dinner Roll	20	Wheat, Soy, Milk, Chicken, Sesame
	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

Tuesday 13	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
Wednesday 14	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
Thursday 15	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
Friday 16	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

Monday 19	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
Tuesday 20	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
Wednesday 21	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
Thursday 22	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
Friday 23	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

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