

LOS ALTOS COVINGTON ELEMENTARY SCHOOL MAY



LUNCH K-8 & 9-12 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
28 - Cheeseburger - Pasta X Plosion! - Bagel Kit	29 - Spaghetti W/ Beef Meatsauce - Bagel Kit	30 - Mr. Mike's Bbq Chicken Sandwich - Cheese Wrapadilla - Bagel Kit	1 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - B& C Burrito - Bagel Kit	2 - Pepperoni Pizza - Cheese Pizza
5 - Hamburger - Pasta W/ Olive Oil & Parmesan Pasta - Bagel Kit	6 - Veggie Chow Mein - Bbq Chicken Wrap - Bagel Kit	7 - Chicken Chow Mein - Pasta W/ Marinara & Mozzarella - Bagel Kit	8 - Breaded Chicken Sandwich - Mac & Cheese	9 - Pepperoni Pizza - Cheese Pizza - Bagel Kit
12 - Greek Chicken W/ Rice Pilaf - Chicken Caesar Wrap - Bagel Kit	13 - Beef Hot Dog - Bagel Kit	14 - Pasta Primavera - Turkey & Cheese On Dutch Crunch - Bagel Kit	15 - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Bagel Kit	16 - Pepperoni Pizza - Cheese Pizza - Bagel Kit
19 - Boneless Buffalo Chicken Wings & Rice Pilaf - Vegan Fried Rice - Bagel Kit	20 - Pesto Chicken Sandwich - Cheesy Breadsticks W/ Marinara Sauce - Bagel Kit	21 - Teriyaki Chicken W/ Rice & Veggies - Yogurt Berry Parfait W/ Muffin	22 - Breaded Chicken Sandwich - Cheesy Bean Dip W/ Tortilla Chips - Bagel Kit	23 - Pepperoni Pizza - Cheese Pizza - Bagel Kit
26 Memorial Day	27 - Beef Hot Dog - Bagel Kit	28 - Cheese Wrapadilla - Turkey & Cheese On Dutch Crunch - Bagel Kit	29 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - B& C Burrito - Bagel Kit	30 - Pepperoni Pizza - Cheese Pizza - Bagel Kit

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



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



lunchmaster@thelunchmaster.com



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Monday	Tuesday	Wednesday	Thursday	Friday
28	29 - Vegan Fried Rice	30	1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26 Memorial Day	27	28	29	30

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Date	Menu Item	Count	Allergens
Monday 28	Cheeseburger	120	Wheat, Soy, Milk, Beef, Sesame
	Pasta X Plosion!	Veg 75	Wheat, Milk, Tomato
	Bagel Kit	Veg 20	Wheat, Soy, Milk, Sesame
Tuesday 29	Spaghetti W/ Beef Meatsauce	120	Wheat, Egg, Beef, Milk, Tomato, Soy
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Wednesday 30	Mr. Mike's Bbq Chicken Sandwich	110	Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Cheese Wrapadilla	85	Wheat, Milk
	Bagel Kit	Veg 20	Wheat, Soy, Milk, Sesame
Thursday 1	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	110	Wheat, Soy, Egg, Milk, Chicken, Sesame
	B& C Burrito	Veg 80	Milk, Wheat, Soy
	Bagel Kit	Veg 30	Wheat, Soy, Milk, Sesame
Friday 2	Pepperoni Pizza	90	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 110	Wheat, Soy, Milk, Tomato
Monday 5	Hamburger	110	Wheat, Soy, Beef, Sesame
	Pasta W/ Olive Oil & Parmesan Pasta	Veg 90	Wheat, Milk
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Tuesday 6	Veggie Chow Mein	Veg 70	Wheat, Soy, Egg, Sesame
	Bbq Chicken Wrap	110	Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish
	Bagel Kit	Veg 30	Wheat, Soy, Milk, Sesame
Wednesday 7	Chicken Chow Mein	110	Wheat, Soy, Egg, Chicken, Sesame
	Pasta W/ Marinara & Mozzarella	Veg 90	Wheat, Egg, Milk, Tomato
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Thursday 8	Breaded Chicken Sandwich	110	Wheat, Soy, Milk, Chicken, Sesame
	Mac & Cheese	Veg 115	Wheat, Milk
Friday 9	Pepperoni Pizza	90	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 110	Wheat, Soy, Milk, Tomato
	Bagel Kit	Veg 7	Wheat, Soy, Milk, Sesame
Monday 12	Greek Chicken W/ Rice Pilaf	120	Chicken
	Chicken Caesar Wrap	80	Wheat, Chicken, Milk, Egg, Fish
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Tuesday 13	Beef Hot Dog	135	Wheat, Soy, Beef, Sesame
	Bagel Kit	Veg 80	Wheat, Soy, Milk, Sesame
Wednesday 14	Pasta Primavera	Veg 100	Wheat, Milk, Soy
	Turkey & Cheese On Dutch Crunch	110	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame
Thursday 15	Chicken Nuggets W/ Rice Pilaf	110	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Veg 105	Egg, Milk, Wheat, Tomato
	Bagel Kit	Veg 10	Wheat, Soy, Milk, Sesame

3162 Baumberg Avenue, Hayward, CA 94070



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Friday 16	Pepperoni Pizza		95	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	115	Wheat, Soy, Milk, Tomato
	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
Monday 19	Boneless Buffalo Chicken Wings & Rice Pilaf		115	Wheat, Soy, Milk, Chicken, Sesame
	Vegan Fried Rice	V	60	Soy, Sesame
	Bagel Kit	Veg	40	Wheat, Soy, Milk, Sesame
Tuesday 20	Pesto Chicken Sandwich		110	Chicken, Milk, Wheat, Soy
	Cheesy Breadsticks W/ Marinara Sauce	Veg	90	Wheat, Soy, Milk, Tomato, Sesame
	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
Wednesday 21	Teriyaki Chicken W/ Rice & Veggies		100	Wheat, Soy, Chicken, Sesame
	Yogurt Berry Parfait W/ Muffin	Veg	110	Wheat, Egg, Milk, Soy
Thursday 22	Breaded Chicken Sandwich		110	Wheat, Soy, Milk, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips		80	Milk, Soy
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame
Friday 23	Pepperoni Pizza		95	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	115	Wheat, Soy, Milk, Tomato
	Bagel Kit	Veg	7	Wheat, Soy, Milk, Sesame
Tuesday 27	Beef Hot Dog		125	Wheat, Soy, Beef, Sesame
	Bagel Kit	Veg	90	Wheat, Soy, Milk, Sesame
Wednesday 28	Cheese Wrapadilla		85	Wheat, Milk
	Turkey & Cheese On Dutch Crunch		115	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg	8	Wheat, Soy, Milk, Sesame
Thursday 29	Chicken Nuggets W/ Olive Oil & Parmesan Pasta		120	Wheat, Soy, Egg, Milk, Chicken, Sesame
	B& C Burrito	Veg	60	Milk, Wheat, Soy
	Bagel Kit	Veg	34	Wheat, Soy, Milk, Sesame
Friday 30	Pepperoni Pizza		105	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	110	Wheat, Soy, Milk, Tomato
	Bagel Kit	Veg	7	Wheat, Soy, Milk, Sesame



LOS ALTOS COVINGTON ELEMENTARY
SCHOOL
MAY

Vegan / Gluten
Free



Date	Menu Item	Count	Allergens
Tuesday 29	Vegan Fried Rice	V 85	Soy, Sesame