



**Choose What
You Want!
Eat What
You Choose!**



A Great Part of Your Day

Provided by the LAUSD Food Services Division



**Choose What
You Want!
Eat What
You Choose!**



Ray Wants You to Eat Nutritious Foods!



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Fruit Benefits



Essential
Vitamins

Energy



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Vegetable Benefits



Antioxidants

**Healthy
Skin & Hair**



Protein Benefits



**Builds
Muscles**

**Strong
Immune
System**



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Grain Benefits



Healthy
Weight

Healthy
Heart



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Milk Benefits



**Strong
Bones**

**Strong
Teeth**



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It's Not Nutrition...

If it goes in the trash can.



Choose What

You Want!

Eat What

You Choose!



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What happens to food that is thrown in the trash?





Taste It
DON'T
Waste It!



Breakfast Rules!



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Examples of Food Items

A food item is one specific item offered on the menu.



Let's Count the Food Items!



4
FOOD ITEMS



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Breakfast Rules

- ★ Chicken Biscuit
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

3 Food ITEMS
must be selected,
1 must be a FRUIT



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Remember Breakfast Rules



1 food item must be?



Who Wants to Build-A-Breakfast?

1-31

- ★ Chicken Biscuit
- ★ Fruit Cup
- ★ Fruit Juice
- ★ Got Milk

3 Food ITEMS
must be selected,
1 must be a FRUIT



*Remember, you do not have to take all the food items.

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Not Too Hungry... Save it For Later!



- ✓ Fresh Fruit
- ✓ Fruit Cups (*Unopened*)
- ✓ Cereal (*Unopened*)
- ✓ Coffee Cake (*Unopened*)

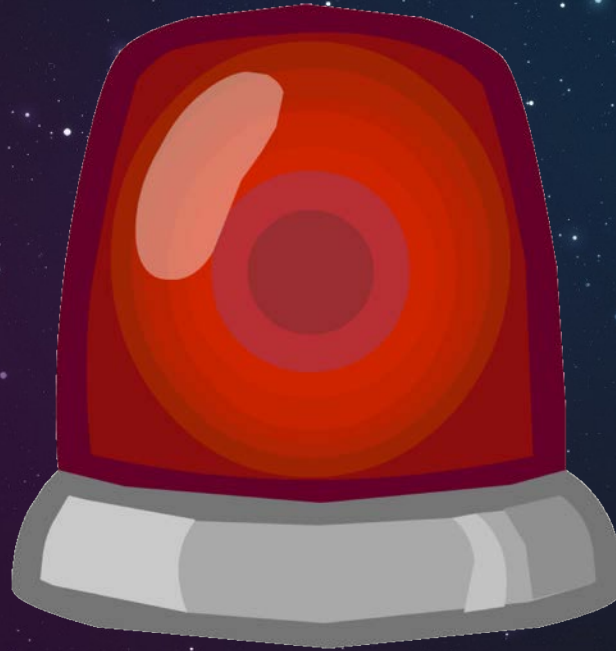
Pick at least 3 ★s 1 ★ must be a fruit ★
Items with an (S) can be saved for later.

This Institution is an equal opportunity provider.
Esta institución es un proveedor que ofrece igualdad de oportunidades.



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Dance Off



Lunch Rules!



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ALL STAR LINE-UP

GRAINS



FRUITS



VEGETABLES



PROTEIN



MILK



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Grain Facts



GRAINS

- ❖ Healthy arteries and heart
- ❖ Supports good digestion
- ❖ Long-lasting energy
- ❖ Helps prevent heart diseases and diabetes



TORTILLA



CEREAL



BAGEL



Protein Facts



PROTEIN

- ❖ Builds muscles
- ❖ Supports brain development
- ❖ Maintains healthy weight
- ❖ Boosts energy levels



CHICKEN
DRUMSTICK



YOGURT



BEANS



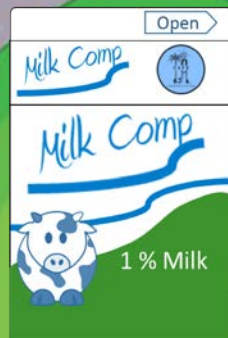
CHEESE

Milk Facts

MILK



- ❖ Strong bones and teeth
- ❖ Promotes glowing skin
- ❖ Improves hair
- ❖ Promotes good sleep



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Fruit Facts

FRUITS



- ❖ Gives you energy
- ❖ Essential vitamins and minerals
- ❖ Boosts immune system
- ❖ Supports overall body functions



PEAR



FRUIT JUICE



PASTA



FROZEN
FRUIT CUP



Vegetable Facts

VEGETABLES

- ❖ Promotes healthy weight
- ❖ Prevents diseases
- ❖ Promotes wound healing
- ❖ Essential for growth



**MASHED
POTATOES**



CARROTS



BROCCOLI



CORN



Lunch Rules

- ★★ Café LA Burger
- ★ Roasted Potato Wedges
- ★ Petite Baby Carrots
 - ★ Fruit
 - ★ Got Milk

3 Food Groups
must be selected,
1 must be a FRUIT
or a **VEGETABLE**



*Remember, you do not have to take all of the food items.



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1 of the Food Groups

5 Food Groups

GRAINS



FRUITS



FRUITS

VEGETABLES

VEGETABLES

PROTEIN



MILK



Choose at least 3 Food
Groups for Lunch

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Building An All-Star Lunch



Café LA Lunch

MAKE a 3, 4 or MORE STAR MEAL!

At least 1 star item must be a **fruit or **vegetable****

Choose a balanced meal for your Mind and Body to Thrive!



★
FRUITS



★
VEGETABLES



★
MEAT/
MEAT
ALTERNATE



★
GRAINS



★
MILK

In compliance with USDA Offer vs. Serve guidelines, 5 food components are required. For a reimbursable meal, select a minimum of 3 food components of which 1 must be a fruit or vegetable.

Grades K-5 Lunch January 2018 - Menus

1-31

- ★★ Zesty Beef Chalupa
- ★★ Yellow Submarine Sandwich
- ★ Tangy Salsa Cup
- ★ Fresh Garden Salad
- ★ Fruit Cup
- ★ Got Milk

GRAINS

PROTEIN

MILK

VEGETABLES

FRUITS



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Shining Star Items



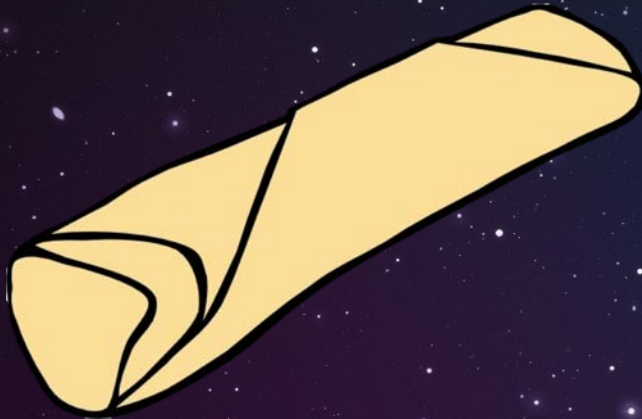
1 Item = 1 Food Group

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Superstar Items

Burrito



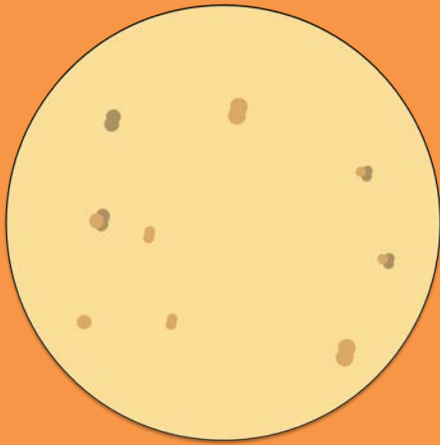
Hamburger



1 Food Item = 2 Food Groups



1 Burrito = 2 Food Groups



Tortilla

GRAINS



+



Beans

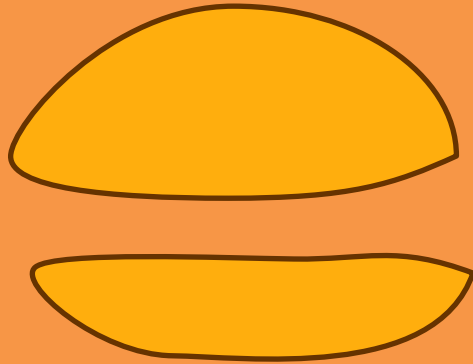


Cheese

PROTEIN

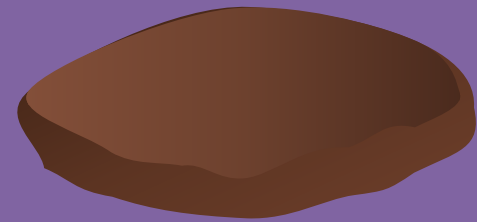


1 Hamburger = 2 Food Groups



Hamburger Bun

GRAINS



Hamburger Patty

PROTEIN



Who Wants to Build-A-Lunch?

- ★★ Café LA Burger
- ★ Roasted Potato Wedges
- ★ Petite Baby Carrots
 - ★ Fruit
 - ★ Got Milk

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Remember, you **DO NOT**
have to take all the food.



Take at least **3**

During
Breakfast & Lunch



Taste It Don't Waste It



Help reduce food waste and what you throw away.

**“Choose What You Want,
Eat What You Choose”**



You Can Make A Difference!



By reducing waste in your school, home, and community!



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Café LA Ray DANCE PARTY!



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Café LA Ray

DIGS.

ALL.

BANANAS.



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