



LOS ALTOS BLACH MIDDLE SCHOOL

APRIL



LUNCH K-8 & 9-12 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
31 - Cheeseburger - Wet Beef Burrito - Pasta X Plosion!	1 - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito	2 - Sesame Orange Chicken W/ Rice - Cheese Wrapadilla	3 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - B& C Burrito - Hummus Rainbow Wrap	4 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Wrap
7 Spring Break	8 Spring Break	9 Spring Break	10 Spring Break	11 Spring Break
14 - Bbq Cheeseburger - Greek Chicken W/ Rice Pilaf - Turkey & Cheese Sandwich	15 - Beef Hot Dog - Bbq Chicken Pasta - Cheese Enchiladas - Smoked Chicken Wrap	16 - Popcorn Chicken & Tater Bowl - Chicken Parm Hoagie - Pasta Primavera	17 - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Picnic Bistro Box	18 - Pepperoni Pizza - Cheese Pizza - Asian Chicken Wrap
21 - Hamburger - Boneless Buffalo Chicken Wings & Rice Pilaf - Vegan Fried Rice - Breaded Chicken Salad - Spicy Chicken Wrap	22 - Pesto Chicken Sandwich - Sweet And Sour Chicken - Cheesy Breadsticks W/ Marinara Sauce	23 - Buffalo Chicken Hoagie - Teriyaki Chicken W/ Rice & Veggies - Chicken Pesto Wrap - Bagel Kit	24 - Breaded Chicken Sandwich - Cheesy Bean Dip W/ Tortilla Chips - Breaded Chicken Wrap - Bagel Kit	25 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Dinner Roll
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	2

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



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com

PLACE YOUR ORDER NOW!



LOS ALTOS BLACH MIDDLE SCHOOL

APRIL



Monday	Tuesday	Wednesday	Thursday	Friday
31 - Myo Vegan Tacos	1 - Vegan Fried Rice	2 - Vegan Burrito Bowl	3 - Vegan Chickpea Tikka Masala	4
7 Spring Break	8 Spring Break	9 Spring Break	10 Spring Break	11 Spring Break
14 - Vegan Burrito Bowl	15 - Vegan Chickpea Tikka Masala	16 - Myo Vegan Tacos	17 - Vegan Pinto Pozole W/ Tortilla Chips	18
21 - Vegan Red Beans & Rice	22 - Vegan 3 Bean Chili W/ Tortilla Chips	23 - Vegan Fried Rice	24 - Vegan Burrito Bowl	25
28 - Vegan 3 Bean Chili W/ Tortilla Chips	29 - Vegan Fried Rice	30 - Vegan Burrito Bowl	1	2

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



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com

PLACE YOUR ORDER NOW!

LOS ALTOS BLACH MIDDLE SCHOOL

APRIL

LUNCH K-8 & 9-12

2024-2025



Date	Menu Item	Count	Allergens
Monday 31	Cheeseburger	110	Wheat, Soy, Milk, Beef, Sesame
	Wet Beef Burrito	10	Wheat, Soy, Milk, Beef
	Pasta X Plosion!	Veg 100	Wheat, Milk, Tomato
Tuesday 1	Spaghetti W/ Beef Meatsauce	90	Wheat, Egg, Beef, Milk, Tomato, Soy
	Beef Hot Dog	90	Wheat, Soy, Beef, Sesame
	Black Bean & Veggie Burrito	Veg 20	Milk, Wheat, Tomato
Wednesday 2	Sesame Orange Chicken W/ Rice	120	Wheat, Soy, Chicken, Sesame
	Cheese Wrapadilla	100	Wheat, Milk
Thursday 3	Chicken Nuggets W/ Olive Oil & Parmesan Pasta	130	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Beef Chili W/ Cornbread	30	Wheat, Soy, Egg, Milk, Beef, Tomato
	B& C Burrito	Veg 40	Milk, Wheat, Soy
	Hummus Rainbow Wrap	Veg 10	Wheat
Friday 4	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 100	Wheat, Soy, Milk, Tomato
	Chicken Caesar Wrap	20	Wheat, Chicken, Milk, Egg, Fish
Monday 14	Bbq Cheeseburger	100	Wheat, Soy, Milk, Beef, Tomato, Sesame
	Greek Chicken W/ Rice Pilaf	70	Chicken
	Turkey & Cheese Sandwich	30	Wheat, Soy, Milk, Turkey, Sesame
Tuesday 15	Beef Hot Dog	110	Wheat, Soy, Beef, Sesame
	Bbq Chicken Pasta	60	Chicken, Wheat, Milk, Tomato
	Cheese Enchiladas	Veg 20	Wheat, Soy, Milk, Tomato
	Smoked Chicken Wrap	20	Wheat, Soy, Egg, Milk, Chicken, Tomato
Wednesday 16	Popcorn Chicken & Tater Bowl	100	Soy, Milk, Chicken, Wheat
	Chicken Parm Hoagie	60	Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Pasta Primavera	Veg 50	Wheat, Milk, Soy
Thursday 17	Chicken Nuggets W/ Rice Pilaf	140	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Veg 60	Egg, Milk, Wheat, Tomato
	Picnic Bistro Box	10	Wheat, Soy, Milk, Turkey, Sesame
Friday 18	Pepperoni Pizza	100	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg 100	Wheat, Soy, Milk, Tomato
	Asian Chicken Wrap	20	Wheat, Soy, Milk, Chicken, Sesame
Monday 21	Hamburger	40	Wheat, Soy, Beef, Sesame
	Boneless Buffalo Chicken Wings & Rice Pilaf	100	Wheat, Soy, Milk, Chicken, Sesame
	Vegan Fried Rice	V 30	Soy, Sesame
	Breaded Chicken Salad	40	Wheat, Soy, Egg, Milk, Chicken, Tomato, Sesame
	Spicy Chicken Wrap	10	Wheat, Soy, Egg, Milk, Chicken, Sesame
Tuesday 22	Pesto Chicken Sandwich	30	Chicken, Milk, Wheat, Soy
	Sweet And Sour Chicken	60	Wheat, Soy, Egg, Milk, Chicken, Sesame

601 Taylor Way, San Carlos, CA 94070



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com

	Cheesy Breadsticks W/ Marinara Sauce	Veg	120	Wheat, Soy, Milk, Tomato, Sesame
Wednesday 23	Buffalo Chicken Hoagie		70	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 24	Breaded Chicken Sandwich		100	Wheat, Soy, Milk, Chicken, Sesame
	Cheesy Bean Dip W/ Tortilla Chips		50	Milk, Soy
	Breaded Chicken Wrap		30	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Veg	30	Wheat, Soy, Milk, Sesame
Friday 25	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, Egg, Milk, Chicken, Fish, Sesame
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



LOS ALTOS BLACH MIDDLE SCHOOL

APRIL

Vegan / Gluten
Free



Date	Menu Item		Count	Allergens
Monday 31	Myo Vegan Tacos	V	10	Tomato
Tuesday 1	Vegan Fried Rice	V	20	Soy, Sesame
Wednesday 2	Vegan Burrito Bowl	V	10	Tomato
Thursday 3	Vegan Chickpea Tikka Masala	V	10	Tomato
Monday 14	Vegan Burrito Bowl	V	20	Tomato
Tuesday 15	Vegan Chickpea Tikka Masala	V	10	Tomato
Wednesday 16	Myo Vegan Tacos	V	10	Tomato
Thursday 17	Vegan Pinto Pozole W/ Tortilla Chips	V	10	Tomato
Monday 21	Vegan Red Beans & Rice		10	Tomato
Tuesday 22	Vegan 3 Bean Chili W/ Tortilla Chips	V	10	Tomato
Wednesday 23	Vegan Fried Rice	V	20	Soy, Sesame
Thursday 24	Vegan Burrito Bowl	V	10	Tomato
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

601 Taylor Way, San Carlos, CA 94070



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com