

Date: 6/17/25

MECHANICAL SOFT MENUS: GRADES K – 12 BREAKFAST, LUNCH, SUPPER JULY 21 – 25, 2025					
	MONDAY 7/21	TUESDAY 7/22	WEDNESDAY 7/23	THURSDAY 7/24	FRIDAY 7/25
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée	Buttery Maple Waffle V (R2259)	Morning Magic Bagel V (R2292)	Morning Beef Sausage Sandwich (R0108)	Ham & Cheese Croissant (R0628)	Oat Crumble Coffee Cake V (CMS #2054)
Fruit	Applesauce (R3347)	Peachy Peaches (R3292)	Applesauce (R3347)	Banana (CMS #3204)	Perfect Pears (R3163)
Fruit Juice (½ c, 4 oz.)	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Milk, 8 oz.	Milk	Milk	Milk	Milk	Milk
Condiments		Cream Cheese (CMS #7097- DW, #9043-CB), Strawberry Jam			
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée	Bean & Cheese Chile Burrito V (R1955) Optional: Fresh Salsa (R4613)	Spicy Taco Stick (R0195) Optional: Fresh Salsa (R4613)	Café LA Burger (R0090)	All Star Turkey Hot Dog (R0584)	Spicy Breaded Chicken Sandwich (R0907) OR Breaded Chicken Sandwich (R0958)
Vegetable (½ c)	Cooked Baby Carrots (R4374)	Creamy Mashed Potato (R4515)	Cooked Baby Carrots (R4374)	Cooked Broccoli Florets (R4278)	Roasted Potato Wedges (R4370)
Vegetable (½ c)	Cherry Smooth Cup (CMS #2364)	Cooked Broccoli Florets (R4278)	Fiesta Pinto Beans (R1912)	Orange Medley Juice (CMS #1308)	Cooked Spinach (R4425)
Fruit (½ c)	Perfect Pears (R3163)	Applesauce (R3347)	Perfect Pears (R3163)	Peachy Peaches (R3292)	Banana (CMS #3204)
Fruit Juice (½ c, 4 oz.)	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Kiwi Strawberry Slush (CMS #2417)
Milk, 8 oz.	Milk	Milk	Milk	Milk	Milk
Condiments	Taco Sauce or Tapatio	Taco Sauce or Tapatio	Ketchup, Mayo, Mustard	Ketchup, Mustard	BBQ Sauce, Ketchup, Mayo, Mustard

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SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée	Sunbutter & Strawberry Jelly Sandwich (CMS #2978)	Turkey Breast & Cheese Sandwich (R0911)	Cinnamon Apple Chickpea & Jelly Sandwich (CMS #2006)	Chicken Parmesan Wrap (R5751-DW, R5752-CB)	Turkey Breast & Cheese Sandwich (R0911)
Vegetable (½ c)	Cherry Smooth Cup (CMS #2364)	Berry Berry Blue Slush (CMS #2827)	Cooked Broccoli Florets (R4278)	Paradise Punch Vegetable Juice (CMS #1681)	Cooked Baby Carrots (R4374)
Fruit (½ c)	Peachy Peaches (R3292)	Perfect Pears (R3163)	Peachy Peaches (R3292)	Perfect Pears (R3163)	Applesauce (R3347)
Milk, 8 oz.	Milk	Milk	Milk	Milk	Milk
Condiments		Mayo, Mustard			Mayo, Mustard

All the Grain/Bread items served are whole grain rich.

V = Vegetarian

Milk (Must serve 2 choices from the following options – Fat-Free Milk, Low-Fat Milk, Fat-Free Lactose Free Milk, Fat-Free Chocolate Milk)

Breakfast: Based on your students' preferences, Deluxe Cereal or 4 oz. Yogurt (R5617-DW/ R5618-CB) and crackers can be served in place of any breakfast option.

Lunch: Based on your students' preferences and if you would like to give your Mechanical Soft diet additional options, you may serve the following in addition to entrée 1 or in place of it:

1. When appropriate, offer the 8 oz. Yogurt (CMS #7107-DW/#9016-DB and Crackers).
2. Manager's Choice (Sandwich) Daily Options: You can offer any of the following: Turkey Breast & Cheese Sandwich (R0911), Tuna Sandwich (R5619), Toasted Cheese Sandwich (R1086-IW or R1131-scratch) **V**

Fruit: Fresh Banana (CMS #3204) can be used any time in place of juice or canned fruit.