

Date: 10/3/25

<b>Mechanical Soft Grades K – 12 LAUSD Breakfast Menu</b> <b>November 3 – 7, 2025</b>					
	<b>Monday 11/3</b>	<b>Tuesday 11/4</b>	<b>Wednesday 11/5</b>	<b>Thursday 11/6</b>	<b>Friday 11/7</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
<b>Entrée</b>	Cinnamon Pan Dulce V (R2252)	Morning Beef Sausage Sandwich (R0108)	Guava Apple Pastry/Danish (CMS #2095, R2450)	Ham & Cheese Croissant (R0628)	Cinnamon Roll V (R2287)
<b>Fruit (½ c)</b>	Applesauce (R3347)	Banana (CMS #3204, R3005)	Peachy Peaches (R3292)	Banana (CMS #3204, R3005)	Perfect Pears (R3163)
<b>Fruit Juice (½ c, 4 oz)</b>	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	-	-	-	-	-
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Entrée</b>	All Star Turkey Hot Dog (R0584)	Mac N Cheese V (R5653)	Cafe LA Burger (R0090) <b>OR</b> Cafe LA Cheeseburger (R0128)	Pepperoni Pizza Wedge (R0730) <b>AND/OR</b> Cheese Pizza Wedge V (R1063) <u>Optional Pizza Variations:</u> Hawaiian Pizza (R1125), Mexican Pizza (R1154), Supreme Pizza (R1155)	Orange Chicken & Broccoli Rice Bowl (R5626)
<b>Vegetable (½ c)</b>	Cooked Baby Carrots (R4374)	Cooked Broccoli Florets (R4278)	Cooked Baby Carrots (R4374)	Cooked Fresh Spinach (R4425)	Roasted Potato Wedges (R4370)
<b>Vegetable (½ c)</b>	Tropical Trio Slush (CMS #2665, R4524)	Orange Medley Juice (CMS #1308, R4521)	Roasted Potato Wedges (R4370)	Creamy Mashed Potato (R4515)	Fiesta Pinto Beans (R1912)
<b>Fruit (½ c)</b>	Perfect Pears (R3163)	Frozen Strawberry Cup (CMS #2952, R3030)	Perfect Pears (R3163)	Applesauce (R3347)	Banana (CMS #3204, R3005)
<b>Fruit Juice (½ c, 4 oz)</b>	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Raspberry Passion Fruit Slush (CMS #2472, R3855)
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	Ketchup, Mustard	-	Secret Sauce (R7097), Ketchup, Mustard, Mayo	-	Sriracha Sauce
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>

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<b>Entrée</b>	Breaded Chicken Sandwich (R0958) <b>AND/OR</b> Spicy Breaded Chicken Sandwich (R0907)	Chicken Parmesan Wrap (R5751-DW, R5752-CB)	Manager's Choice SUPPER Sandwich**	Pepperoni Pizza Croissant (R2301) Optional: Marinara Sauce (R7132)	Toasted Cheese Sandwich <b>V</b> (R1086-IW, R1159-Scratch)
<b>Vegetable (½ c)</b>	Cherry Smooth Cup (CMS #2364, R4463)	Golden State Juice (CMS #1485, R4666)	Cooked Broccoli Florets (R4278)	Potato Smiles (R4176) <b>OR</b> Tropical Trio Slush (CMS #2665, R4524)	Cooked Baby Carrots (R4374)
<b>Fruit (½ c)</b>	Peachy Peaches (R3292)	Applesauce (R3347)	Frozen Tangerine Juice Cup (CMS #2871, R3856)	Peachy Peaches (R3292)	Strawberry Creamsicle (CMS #2861, R3853)
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	BBQ Sauce, Ketchup, Mayo, Mustard	-	Mayo, Mustard	Ketchup	-

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

**V** = Vegetarian

**Breakfast:** Based on your students' preferences, Deluxe Cereal or 4 oz. Yogurt & Crackers (R5617-DW/ R5618-CB) 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 (R1163), Tuna Sandwich (R5619), Toasted Cheese Sandwich (R1086-IW or R1159-scratch) **V**

<b>*MANAGER'S CHOICE OPTIONS FOR SUPPER</b>	
<b>SANDWICHES</b>	<ol style="list-style-type: none"> <li>1. Apple Cinnamon Chickpea &amp; Grape Jelly Sandwich <b>V</b> (R1944)</li> <li>2. Toasted Cheese Sandwich (R1086-IW, R1159-Scratch)</li> <li>3. Turkey Breast &amp; Cheese Sandwich (R1163)</li> <li>4. Tuna Sandwich (R5619)</li> <li>5. Sunbutter &amp; Strawberry Jelly Sandwich <b>V</b> (R1943)</li> </ol>

**Fruit:** Fresh Banana (CMS #3204, R3005) can be used any time in place of juice or canned fruit.

**Milk (8 oz.):** Must serve two (2) of the following options:

Fat-Free	Low-Fat	Fat-Free Lactose Free	Fat-Free Chocolate	Fat-Free Strawberry
<b>Milk Service Guidelines:</b> <ul style="list-style-type: none"> <li>• At least one (1) unflavored milk must always be offered</li> <li>• Flavored milk (i.e., chocolate &amp; strawberry) can only be offered at Lunch &amp; Supper to students in 1<sup>st</sup> grade and above.</li> </ul>				