

Date: 9/9/25

**Mechanical Soft Grades K – 12 LAUSD Breakfast, Lunch, Supper Menu**  
**October 13 – 17, 2025**  
**National School Lunch Week**

	<b>Monday 10/13</b>	<b>Tuesday 10/14</b>	<b>Wednesday 10/15</b>	<b>Thursday 10/16</b>	<b>Friday 10/17</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
<b>Entrée</b>	Cinnamon French Toast <b>V</b>	Morning Magic Bagel <b>V</b>	<b>NEW/LTO-</b> Turkey Sausage & Pancake Bites	Hot Honey Chicken Jalapeno Biscuit Sandwich	Café LA Coffee Cake <b>V</b>
<b>Fruit (½ c)</b>	Applesauce	Banana	Perfect Pears	Banana	Peachy Peaches
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	-	-	Taco Sauce or Tapatio	-	-
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>Entrée</b>	Bean & Cheese Chile Burrito <b>V</b> & Fresh Salsa <b>OR</b> Beef & Cheese Burrito & Fresh Salsa	Chicken Corn Dog	Pepperoni Pizza Wedge <b>OR</b> Cheese Pizza Wedge <b>V</b>	<b>NEW-</b> Beef Bibimbap Bowl	Breaded Chicken Sandwich <b>OR</b> Spicy Breaded Chicken Sandwich
<b>Veg. (½ c)</b>	Cooked Baby Carrots	Cooked Broccoli Florets	Cooked Spinach	<i>Vegetable in Entree</i>	Fiesta Pinto Beans
<b>Veg. (½ c)</b>	Cherry Smooth Cup	Potato Smiles	Orange Medley Juice	Cooked Baby Carrots	Roasted Potato Wedges
<b>Fruit (½ c)</b>	Perfect Pears	Frozen Peach Cup	Applesauce	Peachy Peaches	Mixed Fruit Cup
<b>Fruit Juice (½ c, 4 oz)</b>	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Raspberry Passion Fruit Slush
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	Taco Sauce or Tapatio	Ketchup, Mustard	-	Sriracha Sauce	BBQ Sauce, Ketchup, Mayo, Mustard
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>
<b>Entrée</b>	Breaded Chicken Nuggets	Manager's Choice SUPPER Sandwich**	Cheeseburger Sliders	Fiestada Stuffed Sandwich ( <i>Beef &amp; Cheese</i> )	Manager's Choice SUPPER Sandwich**
<b>Vegetable (½ c)</b>	Tropical Trio Slush	Paradise Punch Vegetable Juice	Cooked Broccoli Florets	Roasted Potato Wedges	Cooked Baby Carrots
<b>Fruit (½ c)</b>	Peachy Peaches	Applesauce	Cherry Lemon Cup	Perfect Pears	Frozen Tangerine Juice Cup
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	-	Mayo, Mustard	Ketchup, Mayo, Mustard	Taco Sauce or Tapatio	Mayo, Mustard

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**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**

*MANAGER'S CHOICE OPTIONS FOR SUPPER	
<b>SANDWICHES</b>	<div>1. Apple Cinnamon Chickpea &amp; Grape Jelly Sandwich <b>V</b></div> <div>2. Toasted Cheese Sandwich</div> <div>3. Turkey Breast &amp; Cheese Sandwich</div> <div>4. Tuna Sandwich</div> <div>5. Sunbutter &amp; Strawberry Jelly Sandwich <b>V</b></div>

**Fruit:** Fresh Banana (CMS #3204) 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>				