

Date: 8/27/25

Mechanical Soft Grades K – 12 LAUSD Breakfast, Lunch, Supper Menu October 20 - 24, 2025					
	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée	Cinnamon Pan Dulce ✓ (R2252)	Morning Beef Sausage Sandwich (R0108)	Guava & Apple Pastelito ✓ (CMS #2095, R2450)	Morning Beef Sausage Sandwich (R0108)	Cinnamon Roll ✓ (R2287)
Fruit (½ c)	Applesauce (R3347)	Banana (CMS #3204)	Peachy Peaches (R3292)	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	-	-	-	-	-
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée	All Star Turkey Hot Dog (R0584)	Mac N Cheese ✓ (R5653)	Cafe LA Burger (R0090) OR Cafe LA Cheeseburger (R0128)	Pepperoni Pizza Wedge (R0730) AND/OR Cheese Pizza Wedge ✓ (R1063)	Beef Teriyaki Dippers & Carrot Rice Bowl (R5695)
Vegetable (½ c)	Cooked Baby Carrots (R4374)	Cooked Baby Carrots (R4374)	Roasted Potato Wedges (R4370)	Creamy Mashed Potato (R4515)	<i>Carrot in Entree</i>
Vegetable (½ c)	Tropical Trio Slush (CMS #2665, R4524)	Cooked Broccoli Florets (R4278)	Fiesta Pinto Beans (R1912)	Orange Medley Juice (CMS #1308, R4521)	Cooked Broccoli Florets (R4278)
Fruit (½ c)	Perfect Pears (R3163)	Frozen Strawberry Cup (CMS #2952)	Perfect Pears (R3163)	Peachy Peaches (R3292)	Banana (CMS #3204)
Fruit Juice (½ c, 4 oz)	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Raspberry Passion Fruit Slush (CMS #2472, R3855)
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	Ketchup, Mustard	-	Secret Sauce (R7097) Ketchup, Mustard, Mayo	-	Sriracha Sauce
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER

Date: 8/27/25

Entrée	Breaded Chicken Sandwich (R0210) AND/OR Spicy Breaded Chicken Sandwich (R0206)	Manager's Choice SUPPER Sandwich**	Pepperoni Pizza Croissant (R2301) Optional: Marinara Sauce (R7132)	Toasted Cheese Sandwich V (R1086-IW, R1159-Scratch)	Manager's Choice SUPPER Sandwich**
Vegetable (½ c)	Cherry Smooth Cup (CMS #2364, R4463)	Tropical Trio Slush (CMS #2665, R4524)	Cooked Broccoli Florets (R4278)	Golden State Juice (CMS #1485, R4666)	Cooked Baby Carrots (R4374)
Fruit (½ c)	Peachy Peaches (R3292)	Applesauce (R3347)	Frozen Tangerine Juice Cup (CMS #2871, R3856)	Peachy Peaches (R3292)	Strawberry Creamsicle (CMS #2861)
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	Mayo, Mustard	-	-	BBQ Sauce, Ketchup, Mustard, Mayo	Mayo, Mustard

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**

SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich V (R1944) 2. Toasted Cheese Sandwich (R1086-IW, R1159-Scratch) 3. Turkey Breast & Cheese Sandwich (R1163)	4. Tuna Sandwich (R5619) 5. Sunbutter & Strawberry Jelly Sandwich V (R1943)
-------------------	--	---

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
Milk Service Guidelines: <ul style="list-style-type: none"> • At least one (1) unflavored milk must always be offered • Flavored milk (i.e., chocolate & strawberry) can only be offered at Lunch & Supper to students in 1st grade and above. 				