

Date: 9/17/25

Mechanical Soft Grades K – 12 LAUSD Breakfast, Lunch, Supper Menu
October 27 – 31, 2025

	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée	Cinnamon French Toast ✓ (R2222)	Morning Magic Bagel ✓ (R2292)	LTO- Turkey Sausage & Pancakes (R5818)	Hot Honey Chicken Jalapeno Biscuit Sandwich (R0975)	Café LA Coffee Cake ✓ (CMS #2773, R2310)
Fruit (½ c)	Applesauce (R3347)	Banana (CMS #3204)	Perfect Pears (R3163)	Banana (CMS #3204)	Peachy Peaches (R3292)
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	-	-	Taco Sauce or Tapatio	-	-
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée	Bean & Cheese Chile Burrito ✓ (R1955) & Fresh Salsa (R4613) OR Beef & Cheese Burrito (R0145) & Fresh Salsa (R4613)	Chicken Corn Dog (R0920)	Mini Mozzarella Bites with Marinara Sauce (R1153)	Orange Chicken & Rice Bowl (R5593)	Spicy Breaded Chicken Sandwich (R0907) OR Breaded Chicken Sandwich (R0958)
Vegetable (½ c)	Cooked Baby Carrots (R4374)	Cooked Broccoli Florets (R4278)	Cooked Fresh Spinach (R4425)	Vegetable in Entree Cooked Broccoli Florets (R4278)	Fiesta Pinto Beans (R1912)
Vegetable (½ c)	Cherry Smooth Cup (CMS #2364, R4463)	Roasted Potato Wedges (R4370)	Orange Medley Juice (CMS #1308, R4521)	Cooked Baby Carrots (R4374)	Roasted Potato Wedges (R4370)
Fruit (½ c)	Perfect Pears (R3163)	Frozen Peach Cup (CMS #2953, R3021)	Applesauce (R3347)	Peachy Peaches (R3292)	Mixed Fruit Cup (CMS #1737, R3371)
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	Taco Sauce or Tapatio	Ketchup, Mustard	-	Sriracha Sauce	BBQ Sauce, Ketchup, Mayo, Mustard
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER

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Entrée	Cheesy Pillows V (R1119)	Manager's Choice SUPPER Sandwich**	Cheeseburger Sliders (R0137N)	Fiestada Stuffed Sandwich (<i>Beef & Cheese</i>) (R0159)	Manager's Choice SUPPER Sandwich**
Vegetable (½ c)	Tropical Trio Slush (CMS #2665, R4524)	Golden State Juice (CMS #1485, R4666)	Cooked Broccoli Florets (R4278)	Roasted Potato Wedges (R4370)	Cooked Baby Carrots (R4374)
Fruit (½ c)	Peachy Peaches (R3182)	Applesauce (R3347)	Cherry Lemon Cup (CMS #2981, R3852)	Perfect Pears (R3163)	Frozen Tangerine Juice Cup (CMS #2871, R3856)
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	-	Mayo, Mustard	Ketchup, Mayo, Mustard	Taco Sauce or Tapatio	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	<div> 1. Apple Cinnamon Chickpea & Grape Jelly Sandwich V (R1944) 2. Toasted Cheese Sandwich (R1086-IW, R1159-Scratch) 3. Turkey Breast & Cheese Sandwich (R1163) </div> <div> 4. Tuna Sandwich (R5619) 5. Sunbutter & Strawberry Jelly Sandwich V (R1943) </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
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. 				