

Date: 8/27/25

Mechanical Soft Grades K – 12 LAUSD Breakfast, Lunch, Supper Menu
October 6 - 10, 2025

	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée	Cinnamon Pan Dulce ✓	Morning Beef Sausage Sandwich	Guava & Apple Pastelito ✓	Ham & Cheese Croissant	Cinnamon Roll ✓
Fruit (½ c)	Applesauce	Banana	Peachy Peaches	Banana	Perfect Pears
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	Mac N Cheese ✓	Cafe LA Burger OR Cafe LA Cheeseburger	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge ✓	Beef Teriyaki Dippers & Carrot Rice Bowl
Vegetable (½ c)	Cooked Baby Carrots	Cooked Baby Carrots	Roasted Potato Wedges	Creamy Mashed Potato	<i>Carrot in Entree</i>
Vegetable (½ c)	NEW – Tropical Trio Slush	Cooked Broccoli Florets	Fiesta Pinto Beans	Orange Medley Juice	Cooked Broccoli Florets
Fruit (½ c)	Perfect Pears	Frozen Strawberry Cup	Perfect Pears	Applesauce	Banana
Fruit Juice (½ c, 4 oz)	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	◇ NEW- Raspberry Passion Fruit Slush
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	Ketchup, Mustard	-	Secret Sauce, Ketchup, Mustard, Mayo	-	Sriracha Sauce
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée	Breaded Chicken Sandwich AND/OR Spicy Breaded Chicken Sandwich	Manager's Choice SUPPER Sandwich**	NEW- Pepperoni Pizza Croissant (<i>Beef</i>) Optional: Marinara Sauce	Toasted Cheese Sandwich ✓	Manager's Choice SUPPER Sandwich**
Vegetable (½ c)	Cherry Smooth Cup	NEW – Tropical Trio Slush	Cooked Broccoli Florets	Paradise Punch Vegetable Juice	Cooked Baby Carrots

Date: 8/27/25

Fruit (½ c)	Peachy Peaches	Applesauce	Frozen Watermelon Juice Cup	Peachy Peaches	Strawberry Creamsicle
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	BBQ Sauce, Ketchup, Mustard, Mayo	Mayo, Mustard	-	-	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 2. Toasted Cheese Sandwich 3. Turkey Breast & Cheese Sandwich	4. Tuna Sandwich 5. Sunbutter & Strawberry Jelly Sandwich V
-------------------	--	---

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
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. 				