

Date: 7/30/25

**Mechanical Soft Grades K – 12 LAUSD Breakfast, Lunch, Supper Menu**  
**September 15 – 19, 2025**

	<b>Monday 9/15</b>	<b>Tuesday 9/16</b>	<b>Wednesday 9/17</b>	<b>Thursday 9/18</b>	<b>Friday 9/20</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> Tortilla Omelet Optional: Fresh Salsa	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>	Orange Chicken & Broccoli Bowl	Spicy Breaded Chicken Sandwich <b>OR</b> Breaded Chicken Sandwich
<b>Vegetable (½ c)</b>	Cooked Baby Carrots	Cooked Broccoli Florets	Cooked Fresh Spinach	<i>Vegetable Included in Entree</i>	Fiesta Pinto Beans
<b>Vegetable (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	Kiwi Strawberry 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>	Cheesy Pillows <b>V</b> (R1119)	Manager's Choice SUPPER Sandwich**	Cheeseburger Sliders	Fiestada Stuffed Sandwich (Beef & Cheese)	Manager's Choice SUPPER Sandwich**
<b>Vegetable (½ c)</b>	Berry Berry Blue 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 Watermelon 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

**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>NOTE:</b> Flavored Milk (Chocolate & Strawberry) can only be offered for Lunch and Supper for 1 <sup>st</sup> grade and above.				

**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**

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

<b>**MANAGER'S CHOICE OPTIONS FOR SUPPER</b>		
<b>SANDWICHES</b>	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich <b>V</b> 2. Toasted Cheese Sandwich 3. Turkey Breast & Cheese Sandwich	4. Turkey Steak & Cheese Sandwich 5. Tuna Sandwich 6. Sunbutter & Strawberry Jelly Sandwich <b>V</b>