

Date: 7/28/25

Mechanical Soft Grades K – 12 LAUSD Breakfast, Lunch, Supper Menu September 22 - 26, 2025					
	Monday 9/22	Tuesday 9/23 UNASSIGNED DAY	Wednesday 9/24	Thursday 9/25	Friday 9/26
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée	Cinnamon Pan Dulce V (R2252)		Guava Apple Pastry/Danish V (CMS #2095, R2450)	Morning Beef Sausage Sandwich (R0108)	Cinnamon Roll V (R2287)
Fruit (½ c)	Applesauce (R3038)		Peachy Peaches (R3292)	Banana (CMS #3204, R3005)	Perfect Pears (R3163)
Fruit Juice (½ c, 4 oz)	Fruit Juice		Fruit Juice	Fruit Juice	Fruit Juice
Milk, 8 oz.	Milk		Milk	Milk	Milk
Condiments	-		-	-	-
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée	All Star Turkey Hot Dog		Cafe LA Burger OR Cafe LA Cheeseburger	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge V	Beef Teriyaki Dippers & Carrot Rice Bowl
Vegetable (½ c)	Cooked Baby Carrots		Roasted Potato Wedges	Creamy Mashed Potato	Carrot in Entree
Vegetable (½ c)	Berry Berry Blue Slush		Fiesta Pinto Beans	Orange Medley Juice	Cooked Broccoli Florets
Fruit (½ c)	Perfect Pears		Perfect Pears	Peachy Peaches	Banana
Fruit Juice (½ c, 4 oz)	Fruit Juice		Fruit Juice	Fruit Juice	Kiwi Strawberry Slush
Milk, 8 oz.	Milk		Milk	Milk	Milk
Condiments	Ketchup, Mustard		Secret Sauce, Ketchup, Mustard, Mayo	-	Sriracha Sauce
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée	Manager's Choice SUPPER Sandwich**		Toasted Cheese Sandwich V	Breaded Chicken Sandwich AND/OR Spicy Breaded Chicken Sandwich	Manager's Choice SUPPER Sandwich**

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<b>Vegetable (½ c)</b>	Cherry Smooth Cup		Cooked Broccoli Florets	Paradise Punch Vegetable Juice	Cooked Baby Carrots
<b>Fruit (½ c)</b>	Peachy Peaches		Frozen Watermelon Juice Cup	Peachy Peaches	Strawberry Creamsicle
<b>Milk, 8 oz.</b>	Milk		Milk	Milk	Milk
<b>Condiments</b>	Mayo, Mustard		-	BBQ Sauce, Ketchup, Mustard, Mayo	Mayo, Mustard

**All the Grain/Bread items served are whole grain rich.**

**V** = Vegetarian

**Milk, 8 oz.** – Must serve two choices from the following five (5) 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 (R0911), Tuna Sandwich (R5619), Toasted Cheese Sandwich (R1086-IW or R1131-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>	<div> 1. Apple Cinnamon Chickpea &amp; Grape Jelly Sandwich <b>V</b>  2. Toasted Cheese Sandwich  3. Turkey Breast &amp; Cheese Sandwich </div> <div> 4. Turkey Steak &amp; Cheese Sandwich  5. Tuna Sandwich  6. Sunbutter &amp; Strawberry Jelly Sandwich <b>V</b> </div>