

Date: 8/19/25

**Mechanical Soft Grades K – 12 LAUSD Breakfast, Lunch, Supper Menu  
September 29 – October 3, 2025**

	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2 <b>UNASSIGNED DAY</b>	Friday 10/3
<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>LTO-</b> Tortilla Omelet Optional: Fresh Salsa		Café LA Coffee Cake <b>V</b>
<b>Fruit (½ c)</b>	Applesauce	Banana	Perfect Pears		Peachy Peaches
<b>Fruit Juice (½ c, 4 oz)</b>	Fruit Juice	Fruit Juice	Fruit Juice		Fruit Juice
<b>Milk (8 oz.)</b>	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>Entrée</b>	Bean & Cheese Chile Burrito <b>V</b> (R1955) & Fresh Salsa (R4613) <b>OR</b> Beef & Cheese Burrito & Fresh Salsa	Chicken Corn Dog (R0920)	Mini Mozzarella Bites with Marinara Sauce		Spicy Breaded Chicken Sandwich <b>OR</b> Breaded Chicken Sandwich
<b>Vegetable (½ c)</b>	Cooked Baby Carrots	Cooked Broccoli Florets	Cooked Fresh Spinach		Fiesta Pinto Beans
<b>Vegetable (½ c)</b>	Cherry Smooth Cup	Potato Smiles	Orange Medley Juice		Roasted Potato Wedges
<b>Fruit (½ c)</b>	Perfect Pears	Frozen Peach Cup	Applesauce		Mixed Fruit Cup
<b>Fruit Juice (½ c, 4 oz)</b>	Fruit Juice	Fruit Juice	Fruit Juice		Kiwi Strawberry Slush
<b>Milk (8 oz.)</b>	Milk	Milk	Milk		Milk
<b>Condiments</b>	Taco Sauce or Tapatio	Ketchup, Mustard	-		BBQ Sauce, Ketchup, Mayo, Mustard
<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>	<b>SUPPER</b>		<b>SUPPER</b>
<b>Entrée</b>	Cheesy Pillows <b>V</b>	Manager's Choice SUPPER Sandwich**	Cheeseburger Sliders		Manager's Choice SUPPER Sandwich**
<b>Vegetable (½ c)</b>	Berry Berry Blue Slush	Paradise Punch Vegetable Juice	Cooked Broccoli Florets		Cooked Baby Carrots

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<b>Fruit (½ c)</b>	Peachy Peaches	Applesauce	Cherry Lemon Cup		Mango Sorbet
<b>Milk (8 oz.)</b>	Milk	Milk	Milk		Milk
<b>Condiments</b>	-	Mayo, Mustard	Ketchup, Mayo, Mustard		Mayo, Mustard

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

**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:

- When appropriate, offer the 8 oz. Yogurt (CMS #7107-DW/#9016-DB and Crackers).
- 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) can be used any time in place of juice or canned fruit.

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