

Date: 4/8/25

MECHANICAL SOFT GRADES K – 12 LAUSD BREAKFAST, LUNCH, SUPPER MENU SEPTEMBER 1 – 5, 2025					
WEEK 1	MONDAY 9/1 HOLIDAY	TUESDAY 9/2	WEDNESDAY 9/3	THURSDAY 9/4	FRIDAY 9/5
BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<i>Entrée</i>		Morning Magic Bagel ✓ (R2292)	Cinnamon Roll ✓ (R2287)	Hot Honey Chicken Jalapeno Biscuit Sandwich (R0975)	Café LA Coffee Cake ✓ (CMS #2773)
<i>Fruit (½ c)</i>		Peachy Peaches (R3292)	Applesauce (R3038)	Banana (CMS #3204)	Perfect Pears (R3163)
<i>Fruit Juice (½ c, 4 oz.)</i>		Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
<i>Milk, 8 oz.</i>		Milk	Milk	Milk	Milk
LUNCH		LUNCH	LUNCH	LUNCH	LUNCH
<i>Entrée</i>		Pepperoni Pizza Wedge (R0730) AND/OR Cheese Pizza Wedge (R1063)	Bean & Cheese Chile Burrito (R1955) & Fresh Salsa (R4613)	Orange Chicken & Broccoli Bowl (R5626)	Mini Mozzarella Bites with Marinara Sauce (R1153)
<i>Vegetable (½ c)</i>		Cooked Broccoli Florets (R4278)	Creamy Mashed Potato (R4515)	<i>Vegetable Included in Entree</i>	Cooked Baby Carrots (R4374)
<i>Vegetable (½ c)</i>		Orange Medley Juice (CMS #1308)	Fiesta Pinto Beans (R1912)	Paradise Punch Vegetable Juice (CMS #1681)	Roasted Potato Wedges (R4370)
<i>Fruit (½ c)</i>		Applesauce (R3038)	Perfect Pears (R3163)	Applesauce (R3038)	Banana (CMS #3204)
<i>Fruit Juice (½ c, 4 oz.)</i>		Fruit Juice	Fruit Juice	Fruit Juice	Kiwi Strawberry Slush (CMS #2417)
<i>Milk, 8 oz.</i>		Milk	Milk	Milk	Milk
SUPPER		SUPPER	SUPPER	SUPPER	SUPPER
<i>Entrée</i>		Cheesy Pillows ✓ (R1119)	Chicken Parmesan Wrap (R5751-DW / R5752-CB)	Fiestada Stuffed Sandwich (Beef & Cheese) (R0159)	Longboard Pizza (Chicken & Jalapeno) (R1156)

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Vegetable		Paradise Punch Vegetable Juice (CMS #1681)	Cooked Baby Carrots (R4374)	Berry Berry Blue Slush (CMS #2827)	Cooked Broccoli Florets (R4278)
Fruit		Peachy Peaches (R3292)	Mango Sorbet (CMS #2774)	Peachy Peaches (R3292)	Applesauce (R3038)
Milk, 8 oz.		Milk	Milk	Milk	Milk
CONDIMENTSB=Breakfast L=Lunch S=Supper		B: Cream Cheese (CMS #7097-DW, #9043-CB), Strawberry Jam	L: Taco Sauce or Tapatio	L: Sriracha Sauce S: Taco Sauce	L: BBQ Sauce, Ketchup, Mustard, Mayo

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

Milk (Must serve two choices from the following five (5) options – 1. Fat-Free Milk, 2. Low-Fat Milk, 3. Fat-Free Lactose Free Milk, 4. Fat-Free Chocolate Milk, 5. Fat-Free Strawberry) **NOTE:** Flavored Milk (Chocolate & Strawberry) can only be offered for Lunch and Supper for 1st 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: Yellow Submarine Sandwich (R0771), Turkey Breast & Cheese Sandwich (R0911), Tuna Sandwich (R5619), Toasted Cheese Sandwich **V** (R1086-IW or R1131-scratch)

Fruit: Fresh Banana can be used any time in place of juice or canned fruit.