

Date: 4/4/25

MECHANICAL SOFT GRADES K – 12 LAUSD BREAKFAST, LUNCH, SUPPER MENU MAY 19 - MAY 23, 2025					
Week 2	MONDAY 5/19/25	TUESDAY 5/20/25	WEDNESDAY 5/21/25	THURSDAY 5/22/25	FRIDAY 5/23/25
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée	Cinnamon Pan Dulce V (R2252)	Morning Beef Sausage Sandwich (R0108N)	Fiesta Bean & Cheese Burrito V (R1099) Taco Sauce or Tapatio	Blueberry Oat Bar V (R2284-DW, R2283-CB)	Café LA Coffee Cake V (CMS #2937-2773)
Fruit	Applesauce (R3038)	Peachy Peaches (R3292)	Applesauce (R3038)	Banana (CMS #3204)	Perfect Pears (R3163)
Fruit Juice	Fruit Juice 4 oz.	Fruit Juice 4 oz.	Fruit Juice 4 oz.	Fruit Juice 4 oz.	Fruit Juice 4 oz.
Milk	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée	Pepperoni Pizza Wedge (R0730) OR Schwan's Cheese Pizza Wedge (R1063)	Chicken Alfredo Pasta (R5734)	Arroz con Pollo (R5783)	Mac N Cheese V (R5653)	Fi-LA of Fish Sandwich (R0843)
Vegetable (½ c)	Cooked Baby Carrots (R4374)	Crea my Mashed Potato (R4515)	Cooked Baby Carrots (R4374)	Cooked Broccoli Florets (R4278)	<i>Vegetable Included in Entree</i>
Vegetable (½ c)	Berry Berry Blue Slush (CMS #2827)	<i>Broccoli in Entree</i>	Fiesta Pinto Beans (R1912)	Orange Medley Juice (CMS #1308)	Cooked Broccoli Florets (R4278)
Fruit, (½ c)	Perfect Pears, (R3163)	Applesauce, (R3038)	Perfect Pears, (R3163)	Peachy Peaches, (R3292)	Banana, (CMS #3204)
Fruit Juice (½ c)	Fruit Juice 4 oz.	Fruit Juice 4 oz.	Fruit Juice 4 oz.	Fruit Juice 4 oz.	Kiwi Strawberry Slush (CMS #2417)
Milk	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.
CONDIMENT			Taco Sauce or Tapatio		Sriracha Sauce
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée	Longboard Pizza (Chicken & Jalapeno) (R1156)	Cheesy Pillows V (R1119)	Chicken Parmesan Wrap (R5751-DW, R5752-CB)	Fiestada Stuffed Sandwich (Beef & Cheese) (R0159)	Mini Mozzarella Bites with Marinara Sauce (R1153)
Vegetable	Cherry Smooth Cup (CMS #2364)	Berry Berry Blue Slush (CMS #2827)	Cooked Broccoli Florets (R4278)	Paradise Punch Vegetable Juice (CMS #1681)	Cooked Baby Carrots (R4374)

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<i>Fruit</i>	Peachy Peaches, (R3292)	Perfect Pears (R3163)	Applesauce (R3038)	Perfect Pears (R3163)	Frozen Watermelon Juice Cup (CMS #2182)
<i>Milk</i>	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.	Milk 8 oz.
<i>CONDIMENT</i>	Ketchup, Mustard, Mayo			Taco Sauce	

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

V = Vegetarian

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 (R1086-IW or R1131-scratch) **V**

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