

Date: 7/24/25

Mechanical Soft Grades K – 12 LAUSD Breakfast, Lunch, Supper Menu September 8 - 12, 2025					
	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée	Cinnamon Pan Dulce ✓	Morning Beef Sausage Sandwich	NEW- Guava Apple Pastelito ✓	Ham & Cheese Croissant	Cinnamon Roll ✓
Fruit (½ c)	Applesauce	Banana	Peachy Peaches	Banana	Perfect Pears
Fruit Juice (½ c, 4 oz)	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	-	-	-	-	-
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée	All Star Turkey Hot Dog	Mac N Cheese ✓	Cafe LA Burger OR Cafe LA Cheeseburger	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge ✓	Beef Teriyaki Dippers & Carrot Rice Bowl
Vegetable (½ c)	Cooked Baby Carrots	Cooked Baby Carrots	Roasted Potato Wedges	Creamy Mashed Potato	<i>Carrot in Entree</i>
Vegetable (½ c)	Berry Berry Blue Slush	Cooked Broccoli Florets	Fiesta Pinto Beans	Orange Medley Juice	Cooked Broccoli Florets
Fruit (½ c)	Perfect Pears	Frozen Strawberry Cup	Perfect Pears	Applesauce	Banana
Fruit Juice (½ c, 4 oz)	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Kiwi Strawberry Slush
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	Ketchup, Mustard	-	Secret Sauce, Ketchup, Mustard, Mayo	-	-
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée	Manager's Choice SUPPER Sandwich**	Longboard Pizza (Chicken & Jalapeno)	Toasted Cheese Sandwich ✓	Breaded Chicken Sandwich AND/OR Spicy Breaded Chicken Sandwich	Manager's Choice SUPPER Sandwich**
Vegetable (½ c)	Cherry Smooth Cup	Berry Berry Blue Slush	Cooked Broccoli Florets	Paradise Punch Vegetable Juice	Cooked Baby Carrots
Fruit (½ c)	Peachy Peaches	Applesauce	Frozen Watermelon Juice Cup	Peachy Peaches	Strawberry Creamsicle

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Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	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 of the following options:

Fat-Free	Low-Fat	Fat-Free Lactose Free	Fat-Free Chocolate	Fat-Free Strawberry
Milk Service Guidelines: <ul style="list-style-type: none"> Flavored milk cannot be offered at Breakfast At least one (1) unflavored milk must always be offered Flavored milk (i.e., chocolate & strawberry) can only be offered to students in 1st grade and above. 				

Breakfast: Based on your students' preferences, Deluxe Cereal Options (Cinnamon Toast Crunch & Honey Cheerios) V or 4 oz. Yogurt & Crackers (R5617-DW/ R5618-CB) V 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) V.
- Manager's Choice (Sandwich) Daily Options: You can offer any of the following: Turkey Breast & Cheese Sandwich (R1163), Turkey Steak & Cheese Sandwich (R1164), Tuna Sandwich (R5619), Toasted Cheese Sandwich V (R1086-IW or R1159-scratch).

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

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