

Date: 8/13/25

PREP Grades 6-8 LAUSD Breakfast Menu
September 29 – October 3, 2025

	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2 UNASSIGNED DAY	Friday 10/3
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST		BREAKFAST
Entrée 1	Cinnamon French Toast V	Morning Magic Bagel V	LTO- Tortilla Omelet Optional: Fresh Salsa		Café LA Coffee Cake V
Entrée 2	Deluxe Cereal Bowl V	Chocolate Chip Muffin V	Yogurt 4 oz. & Crackers V		4 oz. Yogurt & Nutri-Grain Bar V
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	Guava & Apple Pastelito		Morning Magic Bagel
	BIC Sites: Put at least 1 serving of the Vegan option in each BIC bag each day.				
Fruit (½ c)	Fresh Fruit	Fresh Fruit	Fresh Fruit		Fresh Fruit
Fruit Juice (½ c, 4 oz.)	Fruit Juice	Fruit Juice	Fruit Juice		Fruit Juice
Milk (8 oz.)	Milk	Milk	Milk		Milk
Condiments	-	Cream Cheese, Strawberry Jam	Taco Sauce or Tapatio		Strawberry Jam

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

V = Vegetarian

Deluxe Cereal Bowl

Cinnamon Toast Crunch	Honey Bunches of Oats	Honey Cheerios
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Fresh Fruit

Apple	Apple Slices, Red	Banana - Do not order on Mondays		Grapes
Orange	Pear, Bartlett	Plum	Plumcot	Pluot

Milk (8 oz.): Must serve at least two (2) of the following options:

Fat-Free	Low-Fat	Fat-Free Lactose Free
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PREP Grades 6-8 LAUSD Lunch Menu September 29 – October 3, 2025					
	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2 UNASSIGNED DAY	Friday 10/3
LUNCH	LUNCH	LUNCH	LUNCH		LUNCH
Entrée 1 <i>Café LA Favorite</i>	Walking Taco Nachos <i>(Turkey & Cheese)</i> & Pico De Gallo	Chicken Corn Dog	Mini Mozzarella Bites with Marinara Sauce		*Optional: Fresh Topping for both sandwiches Breaded Chicken Sandwich* AND/OR Spicy Breaded Chicken Sandwich*
Entrée 2 <i>Bowl</i>	Bean & Cheese Chile Burrito V & Fresh Salsa	Chicken Alfredo Pasta	LTO- Pork Chop Sandwich & Fresh Pickles		Beef Birria Bowl
Entrée 3 <i>Vegan</i>	Vegan Burrito	Impossible Burger* *Optional: Fresh Topping	Chik'n Nuggets Artisan Roll OR Buffalo Chik'n Nuggets Artisan Roll		*Optional: Fresh Topping for both sandwiches Chik'n Sandwich* AND/OR Spicy Chik'n Sandwich*
Entrée 4 <i>Salad, Sandwich, AND/OR ♦ Smoothie</i>	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon		<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon
*OPTIONAL FRESH TOPPINGS: Fresh Lettuce OR Lettuce & Tomato, and/or Fresh Pickles					
Farmer's Harvest	September's Farmer's Harvest items: Persian Cucumbers (CMS #2081, R4635) & Organic Gala Apples (CMS #2019, R3305). <i>Items are auto shipped weekly by the Foods Warehouse. Serve any day as additional fruit and vegetable options.</i> Adjust your produce orders accordingly.				
Vegetable (½ c)	Petite Baby Carrots	Café LA Salad	Celery Sticks		Café LA Salad

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Vegetable (½ c)	Cherry Smooth Cup	Potato Smiles	Orange Medley Juice		Crinkle Cut Sweet Potato Fries
Fruit (½ c)	Fresh Fruit	Fresh Fruit	Fresh Fruit		Fresh Fruit OR ♦ Kiwi Strawberry Slush
♦: When serving Smoothies as the Entrée 4 option, DO NOT serve fruit juice or frozen fruit juice cups/slush. Instead, provide a second fresh fruit option in place of the juice.					
Milk (8 oz.)	Milk	Milk	Milk		Milk
Treat Item	Offer the Chocolate Chip Cookie (R2641/CMS #2766) once per week as an Extra Treat.				
Condiments	Taco Sauce or Tapatio, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy	Ketchup, Mustard, Ranch, Tajin, <u>Optional</u> : Liquid Chamoy	BBQ Sauce, Ketchup, Mayo, Mustard, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy		BBQ Sauce, Ketchup, Mayo, Mustard, Taco Sauce or Tapatio, Ranch, Tajin, <u>Sweet Potato Fries Sauce Choices</u> : Secret Sauce, Ranch, BBQ Ranch, Cajun Ranch, Sriracha Mayo, <u>Optional</u> : Liquid Chamoy

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

✓ = Vegetarian

**MANAGER'S CHOICE OPTIONS FOR LUNCH		
SANDWICHES	1. Toasted Cheese Sandwich ✓ 2. Turkey Breast, Cheese & Shredded Lettuce Sandwich	3. Tuna Sandwich & Shredded Lettuce Sandwich 4. Chicken Parmesan Wrap
	OPTIONAL: Fresh Pickles & Sliced Tomato	
SMOOTHIES	1. Strawberry Smoothie ✓ 2. Blueberry Smoothie ✓	3. Mango Smoothie ✓ 4. Strawberry Mango Smoothie ✓
SALADS	1. Chicken Parmesan Salad & Caesar Dressing, Cheesy Garlic Breadstick 2. Cajun Chicken Salad & Cajun Ranch Dressing, Honey Biscuit	3. Crunchy Chef Salad & Ranch Dressing, Artisan Roll 4. Chinese Chicken Salad w/Shredded Chicken & Asian Dressing, Hawaiian Roll

Fresh Fruit

Apple	Apple Slices, Red	Banana - Do not order on Mondays		Grapes
Orange	Pear, Bartlett	Plum	Plumcot	Pluot

Milk (8 oz.): Must serve at least two (2) of the following options:

Fat-Free	Low-Fat	Fat-Free Lactose Free	Fat-Free Chocolate	Fat-Free Strawberry
Milk Service Guidelines: - 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.				

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PREP Grades 6-8 LAUSD Supper Menu
September 29 – October 3, 2025

	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2 UNASSIGNED DAY	Friday 10/3
SUPPER	SUPPER	SUPPER	SUPPER		SUPPER
⚠️: Shows possible choking hazards or spicy items that may not be served to students under 4 years old. Refer to Guidelines for Serving Students Under 4 Years Old to select substitutes.					
Entrée 1 <i>Hot AND/OR Cold</i>	Cheesy Pillows V	Chicken, Cheese & Chili Flauta ⚠️	Cheeseburger Sliders		Bean & Veggie Taco Crisp Up ⚠️
	Manager's Choice Yogurt Parfait** V Food & Nutrition Crackers	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich ⚠️ OR Apple Cinn Chickpea & Jelly Sandwich ⚠️		Manager's Choice SUPPER Sandwich**
	Shelf-Stable Meal Kits require AFSS approval to serve: 1. Beef Stick Meal Kit ⚠️, 2. Turkey Stick Meal Kit ⚠️, OR 3. Sunbutter & Jelly Meal Kit V ⚠️				
Entrée 2 <i>Vegan</i>	ONLY PROVIDE A VEGAN SUPPER UPON REQUEST. Provide a vegan entrée that is <i>different</i> than what was served for lunch the same day. Entrée Options: 1. Chik'n Nuggets & Artisan Roll 2. Buffalo Chik'n Nuggets ⚠️ & Artisan Roll 3. Vegan Chik'n Tenders & Artisan Roll 4. Chik'n Sandwich 5. Impossible Burger 6. Sunbutter & Strawberry Jelly Sandwich ⚠️ 7. Apple Cinnamon Chickpea & Grape Jelly Sandwich ⚠️ 8. Spicy Chik'n Sandwich ⚠️				
Vegetable (½ c)	Berry Berry Blue Slush	Paradise Punch Vegetable Juice	Petite Baby Carrots ⚠️		Celery Sticks ⚠️
Fruit (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Cherry Lemon Cup		Frozen Watermelon Juice
Milk (8 oz.)	Milk	Milk	Milk		Milk
Condiments	Tajin	Taco Sauce or Tapatio, Mayo, Mustard, Tajin	Ketchup, Mayo, Mustard, Tajin, <u>Optional</u> : Ranch		Taco Sauce or Tapatio, Mayo, Mustard, Tajin, <u>Optional</u> : Ranch

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

V = Vegetarian

****MANAGER'S CHOICE OPTIONS FOR SUPPER**

SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich V ⚠️ 2. Toasted Cheese Sandwich V 3. Turkey Breast & Cheese Sandwich	4. Tuna Sandwich 5. Sunbutter & Strawberry Jelly Sandwich V ⚠️
PARFAITS	1. Blueberry Parfait V	2. Mango Parfait V 3. Strawberry Parfait V

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Fresh Fruit

Apple	Apple Slices, Red	Banana - Do not order on Mondays		Grapes 🍇
Orange 🍊	Pear, Bartlett	Plum 🍑	Plumcot 🍑	Pluot 🍑

Milk (8 oz.): Must serve at least two (2) of the following options:

Fat-Free	Low-Fat	Fat-Free Lactose Free	Fat-Free Chocolate	Fat-Free Strawberry
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