

Date: 8/6/25

<b>PREP Grades 6-8 LAUSD Breakfast Menu</b> <b>September 8 - 12, 2025</b>					
	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon Pan Dulce <b>V</b>	Morning Beef Sausage Sandwich	<b>NEW-</b> Guava & Apple Pastelito <b>V</b>	Ham & Cheese Croissant	Cinnamon Roll <b>V</b>
Entrée 2	Deluxe Cereal Bowl <b>V</b>	Buttery Maple Waffle <b>V</b>	Yogurt 4 oz. & Crackers <b>V</b>	Deluxe Cereal Bowl <b>V</b>	Yogurt 4 oz. & Nutri-Grain Bar <b>V</b>
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	<b>NEW-</b> Guava & Apple Pastelito	Cinnamon Toast Crunch	Morning Magic Bagel
	<b>BIC Sites:</b> 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	Fresh Fruit
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	-	Strawberry Jam	-	-	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 - <b>Do not order on Mondays</b>		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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<b>PREP Grades 6-8 LAUSD Lunch Menu</b> <b>September 8 - 12, 2025</b>					
	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>Entrée 1</b> <i>Café LA Favorite</i>	All Star Turkey Hot Dog	Chicken Drumstick & Mashed Potato Honey Biscuit	*Optional: Fresh Topping for all burgers  Buttery Burger * <b>AND/OR</b> Buttery Cheeseburger* <b>AND/OR</b> Buttery Western Cheeseburger*	Zesty Beef & Cheese Chalupa, Bulk & Tortilla Chips & Fresh Salsa	Pepperoni Pizza Wedge <b>AND/OR</b> Cheese Pizza Wedge <b>V</b>
<b>Entrée 2</b>	Beef & Cheese Taquitos & Fresh Salsa	Mac N Cheese <b>V</b>	Arroz Con Pollo	BBQ Popcorn Chicken Honey Biscuit <b>AND/OR</b> Buffalo Popcorn Chicken Honey Biscuit	Beef Teriyaki Dippers & Carrot Rice Bowl
<b>Entree 3</b> <i>Vegan</i>	Vegan Chik'n Tenders Artisan Roll	*Optional: Fresh Topping for both sandwiches  Chik'n Sandwich* <b>AND/OR</b> Spicy Chik'n Sandwich*	Impossible Burger* *Optional: Fresh Topping	Bean & Veggie Taco Crisp Up	Vegan Teriyaki & Carrot Rice Bowl
<b>Entrée 4</b> <i>Salad, Sandwich, OR Smoothie</i>	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR</b> Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR</b> Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR</b> Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR</b> Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR</b> Smoothie** Granola Cinnamon
<b>*OPTIONAL FRESH TOPPINGS:</b> 1) <b>BUTTERY BURGER:</b> <i>Green Leaf Lettuce, Tomato Slice, AND/OR Fresh Pickles</i> 2) <b>ALL OTHER BURGERS &amp; SANDWICHES:</b> <i>Fresh Lettuce OR Lettuce &amp; Tomato, AND/OR Fresh Pickles</i>					
<b>Farmer's Harvest</b>	<i>September's Farmer's Harvest items: Persian Cucumbers (CMS #2081, R4635) &amp; Organic Gala Apples (CMS #2019, R3305).  Items are auto shipped weekly by the Foods Warehouse. Serve any day as additional fruit and vegetable options.  Adjust your produce orders accordingly.</i>				
<b>Vegetable</b> (½ c)	Petite Baby Carrots	Café LA Salad	Celery Sticks	Petite Baby Carrots	Cooked Edamame
<b>Vegetable</b> (½ c)	Berry Berry Blue Slush	Orange Medley Juice	<b>NEW-</b> Crinkle Cut Sweet Potato Fries (Choice of Sauce)	Street Corn	Roasted Potato Wedges
<b>Fruit</b> (½ c)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit <b>OR</b> Smoothie Kiwi Strawberry Slush

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**♦: 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	Milk
<b>Treat Item</b>	Offer the Chocolate Chip Cookie (R2641/CMS #2766) once per week as an Extra Treat.				
<b>Condiments</b>	Ketchup, Mustard, Taco Sauce or Tapatio, BBQ Sauce, Tajin, <u>Optional:</u> Ranch, Liquid Chamoy	BBQ Sauce, Ketchup, Mayo, Mustard, Ranch, Tajin, <u>Optional:</u> Ranch, Liquid Chamoy	Ketchup, Mayo, Mustard, Secret Sauce, Taco Sauce or Tapatio, Tajin, <u>Sweet Potato Fries Sauce Choices:</u> Secret Sauce, Ranch, BBQ Ranch, Cajun Ranch, Sriracha Mayo, <u>Optional:</u> Ranch, Liquid Chamoy	Taco Sauce or Tapatio, Ketchup, Tajin, <u>Optional:</u> Ranch, Liquid Chamoy	Sriracha Sauce, Ketchup, Tajin, <u>Optional:</u> Liquid Chamoy

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

V = Vegetarian

**MANAGER'S CHOICE OPTIONS	
<b>SANDWICHES</b>	1. Toasted Cheese Sandwich V 2. Turkey Breast, Cheese & Shredded Lettuce Sandwich 3. Turkey Steak, Cheese & Shredded Lettuce Sandwich 4. Tuna Sandwich & Shredded Lettuce Sandwich 5. Chicken Parmesan Wrap OPTIONAL: Fresh Pickles OR Sliced Tomato
<b>SMOOTHIES</b>	1. Strawberry Smoothie V 2. Blueberry Smoothie V 3. Mango Smoothie V 4. Strawberry Mango Smoothie V
<b>SALADS</b>	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 - <b>Do not order on Mondays</b>	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
<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 to students in 1<sup>st</sup> grade and above.</li> </ul>				

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PREP Grades 6-8 LAUSD Supper Menu September 8 - 12, 2025					
	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
SUPPER	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 <i>Guidelines for Serving Students Under 4</i> to select substitutes.					
<b>Entrée 1</b> <i>Hot</i> <b>AND/OR</b> <i>Cold</i>	Bean & Cheese Pupusa <b>V</b>	Longboard Pizza ⚠️ (Chicken & Jalapeno)	Toasted Cheese Sandwich <b>V</b>	Breaded Chicken Sandwich <b>AND/OR</b> Spicy Breaded Chicken Sandwich ⚠️	Taco Bean & Cheese Dip with Tortilla Chips <b>V</b> ⚠️
	Manager's Choice Yogurt Parfait** <b>V</b> Strawberry Graham Crackers	Manager's Choice SUPPER Sandwich**	Chicken Parmesan Wrap	Turkey Stick ⚠️ & String Cheese ⚠️ Cheez-It Crackers	Manager's Choice SUPPER Sandwich**
	<b>Shelf-Stable Meal Kits require AFSS approval to serve:</b> 1. Beef Stick Meal Kit ⚠️, 2. Turkey Stick Meal Kit ⚠️, <b>OR</b> 3. Sunbutter & Jelly Meal Kit <b>V</b> ⚠️				
<b>Entrée 2</b> <i>Vegan</i>	<b>ONLY PROVIDE A VEGAN SUPPER UPON REQUEST.</b> Provide a vegan entrée that is <b>different</b> than what was served for lunch the same day. <b>Entrée Options:</b> <div>           1. Chik'n Nuggets &amp; Artisan Roll            2. Buffalo Chik'n Nuggets ⚠️ &amp; Artisan Roll            3. Vegan Chik'n Tenders &amp; Artisan Roll            4. Chik'n Sandwich            5. Impossible Burger            6. Sunbutter &amp; Strawberry Jelly Sandwich ⚠️            7. Apple Cinnamon Chickpea &amp; Grape Jelly Sandwich ⚠️            8. Spicy Chik'n Sandwich ⚠️         </div>				
<b>Vegetable</b> (½ c)	Cherry Smooth Cup	Potato Smiles	Petite Baby Carrots ⚠️	Paradise Punch Vegetable Juice	Celery Sticks ⚠️
<b>Fruit</b> (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Frozen Watermelon Juice Cup	Fresh Fruit ⚠️	Strawberry Creamsicle
<b>Milk</b> (8 oz.)	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	Taco Sauce or Tapatio, Tajin	Mayo, Mustard, Ketchup, Tajin	Tajin, <u>Optional</u> : Ranch	BBQ Sauce, Ketchup, Mayo, Mustard, Tajin	Taco Sauce or Tapatio, Mayo, Mustard, Tajin, <u>Optional</u> : Ranch

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

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**MANAGER'S CHOICE OPTIONS	
<b>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. Turkey Steak & Cheese Sandwich 5. Tuna Sandwich 6. Sunbutter & Strawberry Jelly Sandwich <b>V</b> ⚠️
<b>PARFAITS</b>	1. Blueberry Parfait <b>V</b> 2. Mango Parfait <b>V</b> 3. Strawberry Parfait <b>V</b>

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Fresh Fruit

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