

Date: 8/2/25

PREP Grades 9-12 LAUSD Breakfast Menu
October 6 - 10, 2025

	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon Pan Dulce V	Morning Beef Sausage Sandwich	Guava & Apple Pastelito V	Ham & Cheese Croissant	Cinnamon Roll V
Entrée 2	Deluxe Cereal Bowl V	Buttery Maple Waffle V	Yogurt 4 oz. & Crackers V	Deluxe Cereal Bowl V	Yogurt 4 oz. & Nutri-Grain Bar V
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	Guava & Apple Pastelito	Cinnamon Toast Crunch	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	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, Green	Banana	Grapes
Kiwi	Orange	Pear, Bosc	Plum

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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Date: 8/2/25

PREP Grades 9-12 LAUSD Lunch Menu October 6 - 10, 2025					
	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite</i>	All Star Turkey Hot Dog	Chicken Drumstick & Mashed Potato Honey Biscuit	*Optional: Fresh Topping for all burgers Buttery Burger AND/OR Buttery Cheeseburger AND/OR Buttery Western Cheeseburger	NEW- Zesty Beef & Cheese Chalupa SUPREME & Tortilla Chips & Fresh Salsa	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge V
Entrée 2	Bean & Cheese Chile Burrito V (R1955) & Fresh Salsa (R4613)	Mac N Cheese V	Arroz Con Pollo	Fi-LA of Fish Sandwich	Orange Chicken & Broccoli Rice Bowl
Entree 3 <i>Vegan</i>	Vegan Burrito	*Optional: Fresh Topping for both sandwiches Chik'n Sandwich* AND/OR Spicy Chick'n Sandwich*	Impossible Burger* *Optional: Fresh Topping	Bean & Veggie Taco Crisp Up	Vegan Teriyaki & Broccoli Rice Bowl
Entrée 4 Salad, Sandwich, AND/OR ♦ Smoothie	<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	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon
*OPTIONAL FRESH TOPPINGS: 1) BUTTERY BURGER: <i>Green Leaf Lettuce, Tomato Slice, and/or Fresh Pickles</i> 2) ALL OTHER BURGERS & SANDWICHES: <i>Fresh Lettuce OR Lettuce & Tomato, and/or Fresh Pickles</i>					
Vegetable (½ c)	Petite Baby Carrots	Café LA Salad	Petite Baby Carrots	Celery Sticks	Roasted Potato Wedges
Vegetable (½ c)	NEW – Tropical Trio Slush	Orange Medley Juice	Crinkle Cut Sweet Potato Fries (Choice of Sauce)	Street Corn	Cooked Edamame
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	♦ NEW- Raspberry Passion Fruit 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	Milk

Date: 8/2/25

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

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**MANAGER'S CHOICE OPTIONS FOR LUNCH	
SANDWICHES	1. Chicken Parmesan Wrap 2. Toasted Cheese Sandwich V 3. Turkey Breast, Cheese & Shredded Lettuce Sandwich 4. Tuna Sandwich & Shredded Lettuce Sandwich
	OPTIONAL: Fresh Pickles OR Sliced Tomato
SMOOTHIES	1. Strawberry Smoothie V 2. Blueberry Smoothie V 3. Mango Smoothie V 4. Strawberry Mango Smoothie V
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, Green	Banana	Grapes
Kiwi	Orange	Pear, Bosc	Plum

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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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.

Date: 8/2/25

PREP Grades 9-12 LAUSD Supper Menu October 6 - 10, 2025					
	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10
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 Guidelines for Serving Students Under 4 Years Old for substitutes.					
Entrée 1 <i>Hot</i> AND/OR <i>Cold</i>	Breaded Chicken Sandwich AND/OR Spicy Breaded Chicken Sandwich ⚠️	Bean & Cheese Pupusa V	NEW- Pepperoni Pizza Croissant (Beef) Optional: Marinara Sauce	Toasted Cheese Sandwich V	Taco Bean & Cheese Dip with Tortilla Chips V ⚠️
	Manager's Choice Yogurt Parfait** V Food & Nutrition Crackers V	Manager's Choice SUPPER Sandwich**	Chicken Parmesan Wrap	Turkey Stick ⚠️ & String Cheese ⚠️ Cheez-It Crackers	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: <div> <div>1. Chik'n Nuggets (R6021) & Artisan Roll</div> <div>2. Buffalo Chik'n Nuggets ⚠️ & Artisan Roll</div> <div>3. Vegan Chik'n Tenders & Artisan Roll</div> <div>4. Chik'n Sandwich</div> <div>5. Impossible Burger</div> <div>6. Sunbutter & Strawberry Jelly Sandwich ⚠️</div> <div>7. Apple Cinnamon Chickpea & Grape Jelly Sandwich ⚠️</div> <div>8. Spicy Chick'n Sandwich ⚠️</div> </div>				
Vegetable (½ c)	Cherry Smooth Cup	Potato Smiles	Celery Sticks ⚠️	Paradise Punch Vegetable Juice	Petite Baby Carrots ⚠️
Fruit (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	NEW- Frozen Tangerine Juice Cup	Fresh Fruit ⚠️	Strawberry Creamsicle
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	BBQ Sauce, Ketchup, Mayo, Mustard, Tajin	Taco Sauce or Tapatio, Mayo Mustard, Ketchup, Tajin	Tajin, <u>Optional:</u> Ranch	Tajin	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 FOR SUPPER	
SANDWICHES	1. Toasted Cheese Sandwich V 2. Turkey Breast & Cheese Sandwich 3. Tuna Sandwich
PARFAITS	1. Blueberry Parfait V 2. Strawberry Parfait V

Date: 8/2/25

Fresh Fruit

Apple	Apple Slices, Green	Banana	Grapes 🚫
Kiwi	Orange 🚫	Pear, Bosc	Plum 🚫

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
<p>Milk Service Guidelines:</p> <ul style="list-style-type: none">• 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.				