

Date: 8/13/25

**PREP Grades 9-12 LAUSD Breakfast Menu**  
**September 22 - 26, 2025**

	Monday 9/22	Tuesday 9/23 <b>UNASSIGNED DAY</b>	Wednesday 9/24	Thursday 9/25	Friday 9/26
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon Pan Dulce <b>V</b>		Guava & Apple Pastelito <b>V</b>	Morning Beef Sausage Sandwich	Cinnamon Roll <b>V</b>
Entrée 2	Deluxe Cereal Bowl <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		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
Fruit Juice (½ c, 4 oz.)	Fruit Juice		Fruit Juice	Fruit Juice	Fruit Juice
Milk (8 oz.)	Milk		Milk	Milk	Milk
Condiments	-		-	-	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
-----------------------	-----------------------	----------------

**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
----------	---------	-----------------------

Date: 8/13/25

<b>PREP Grades 9-12 LAUSD Lunch Menu</b> <b>September 22 - 26, 2025</b>					
	<b>Monday</b> <b>9/22</b>	<b>Tuesday</b> <b>9/23</b> <b>UNASSIGNED DAY</b>	<b>Wednesday</b> <b>9/24</b>	<b>Thursday</b> <b>9/25</b>	<b>Friday</b> <b>9/26</b>
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>Entrée 1</b> <i>Café LA Favorite</i>	All Star Turkey Hot Dog		*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 <b>&amp; Fresh Salsa</b>	Pepperoni Pizza Wedge <b>AND/OR</b> Cheese Pizza Wedge <b>✓</b>
<b>Entrée 2</b>	Beef & Cheese Taquitos & Fresh Salsa		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		Impossible Burger* *Optional: Fresh Topping	Bean & Veggie Taco Crisp Up	Vegan Teriyaki & Carrot Rice Bowl
<b>Entrée 4</b> <i>Salad, Sandwich, OR</i> <b>♦ Smoothie</b>	<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>	<b>September's Farmer's Harvest items: Persian Cucumbers (CMS #2081, R4635) &amp; Organic Gala Apples (CMS #2019, R3305).</b> <i>Items are auto-shipped weekly by the Foods Warehouse. Serve any day as additional fruit and vegetable options.</i> <b>Adjust your produce orders accordingly.</b>				
<b>Vegetable</b> <b>(½ c)</b>	Petite Baby Carrots		Celery Sticks	Petite Baby Carrots	Cooked Edamame
<b>Vegetable</b> <b>(½ c)</b>	Berry Berry Blue Slush		<b>NEW-</b> Crinkle Cut Sweet Potato Fries <i>(Choice of Sauce)</i>	Street Corn	Roasted Potato Wedges
<b>Fruit (½ c)</b>	Fresh Fruit		Fresh Fruit	Fresh Fruit	Fresh Fruit

Date: 8/13/25

<b>Fruit Juice</b> (½ c, 4 oz.)	♦ Fruit Juice		♦ Fruit Juice	♦ Fruit Juice	♦ Kiwi Strawberry Slush
<b>♦: DO NOT serve fruit juice or frozen fruit juice cup/slush when serving Smoothies as the Entree 4 Option. Serve a second Fresh Fruit option in place of juice when smoothies are served.</b>					
<b>Milk (8 oz.)</b>	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		Ketchup, Mayo, Mustard, Secret Sauce (R7097), 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.

✓ = Vegetarian

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

Date: 8/13/25

**PREP Grades 9-12 LAUSD Supper Menu**  
**September 22 - 26, 2025**

	Monday 9/22	Tuesday 9/23 <b>UNASSIGNED DAY</b>	Wednesday 9/24	Thursday 9/25	Friday 9/26
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
<p><b>⚠️: Shows possible choking hazards or spicy items that may not be served to students under 4 years old.</b>  <b>Refer to Guidelines for Serving Students Under 4 Years Old to select appropriate substitutes.</b></p>					
<b>Entrée 1</b> <i>Hot AND/OR Cold</i>	Bean & Cheese Pupusa <b>V</b>		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> Food & Nutrition Crackers <b>V</b>		Chicken Parmesan Wrap	Turkey Stick ⚠️ & String Cheese ⚠️ Cheez-It Crackers	Manager's Choice SUPPER Sandwich**
	<p align="center"><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 &amp; Jelly Meal Kit <b>V</b> ⚠️</p>				
<b>Entrée 2</b> <i>Vegan</i>	<p><b>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.</b>  <b>Entrée Options:</b> 1. Chik'n Nuggets &amp; Artisan Roll 5. Impossible Burger            2. Buffalo Chik'n Nuggets ⚠️ &amp; Artisan Roll 6. Sunbutter &amp; Strawberry Jelly Sandwich ⚠️            3. Vegan Chik'n Tenders &amp; Artisan Roll 7. Apple Cinnamon Chickpea &amp; Grape Jelly Sandwich ⚠️            4. Chik'n Sandwich 8. Spicy Chik'n Sandwich ⚠️</p>				
<b>Vegetable</b> (½ c)	Cherry Smooth Cup		Petite Baby Carrots ⚠️	Paradise Punch Vegetable Juice	Celery Sticks ⚠️
<b>Fruit</b> (½ c)	Fresh Fruit ⚠️		Frozen Watermelon Juice Cup	Fresh Fruit ⚠️	Strawberry Creamsicle
<b>Milk</b> (8 oz.)	Milk		Milk	Milk	Milk
<b>Condiments</b>	Taco Sauce or Tapatio, 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.

**V** = Vegetarian

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

<b>SANDWICHES</b>	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich <b>V</b> ⚠️ 2. Toasted Cheese Sandwich <b>V</b>	4. Tuna Sandwich 5. Sunbutter & Strawberry Jelly Sandwich <b>V</b> ⚠️
-------------------	--	--

Date: 8/13/25

	3. Turkey Breast & Cheese Sandwich			
<b>PARFAITS</b>	1. Blueberry Parfait <b>V</b>	2. Mango Parfait <b>V</b>	3. Strawberry Parfait <b>V</b>	

**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>				