

Date: 8/13/25

**PREP Grades 9-12 LAUSD Breakfast Menu  
September 29 – October 3, 2025**

	<b>Monday 9/29</b>	<b>Tuesday 9/30</b>	<b>Wednesday 10/1</b>	<b>Thursday 10/2 UNASSIGNED DAY</b>	<b>Friday 10/3</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>		<b>BREAKFAST</b>
<b>Entrée 1</b>	Cinnamon French Toast <b>V</b>	Morning Magic Bagel <b>V</b>	<b>LTO-</b> Tortilla Omelet Optional: Fresh Salsa		Café LA Coffee Cake <b>V</b>
<b>Entrée 2</b>	Deluxe Cereal Bowl <b>V</b>	Chocolate Chip Muffin <b>V</b>	Yogurt 4 oz. & Crackers <b>V</b>		4 oz. Yogurt & Nutri-Grain Bar <b>V</b>
<b>Entrée 3 Vegan</b>	Cinnamon Toast Crunch	Morning Magic Bagel	Guava & Apple Pastelito		Morning Magic Bagel
	<b>BIC Sites:</b> Put at least 1 serving of the Vegan option in each BIC bag each day.				
<b>Fruit (½ c)</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit		Fresh Fruit
<b>Fruit Juice (½ c, 4 oz.)</b>	Fruit Juice	Fruit Juice	Fruit Juice		Fruit Juice
<b>Milk (8 oz.)</b>	Milk	Milk	Milk		Milk
<b>Condiments</b>	-	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	<b>Banana - 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 9-12 LAUSD Lunch Menu</b> <b>September 29 – October 3, 2025</b>					
	<b>Monday</b> <b>9/29</b>	<b>Tuesday</b> <b>9/30</b>	<b>Wednesday</b> <b>10/1</b>	<b>Thursday</b> <b>10/2</b> <b>UNASSIGNED DAY</b>	<b>Friday</b> <b>10/3</b>
LUNCH	LUNCH	LUNCH	LUNCH		LUNCH
<b>Entrée 1</b> <i>Café LA Favorite</i>	Walking Taco Nachos <i>(Turkey &amp; Cheese)</i> & Pico De Gallo	Chicken Corn Dog	Mini Mozzarella Bites with Marinara Sauce		*Optional: Fresh Topping for both sandwiches  Breaded Chicken Sandwich* <b>AND/OR</b> Spicy Breaded Chicken Sandwich*
<b>Entrée 2</b> <i>Bowl</i>	Bean & Cheese Chile Burrito <b>V</b> & Fresh Salsa	Chicken Alfredo Pasta	<b>LTO-</b> Pork Chop Sandwich & Fresh Pickles		Beef Birria Bowl
<b>Entrée 3</b> <i>Vegan</i>	Vegan Burrito	Impossible Burger* *Optional: Fresh Topping	Chik'n Nuggets Artisan Roll <b>OR</b> Buffalo Chik'n Nuggets Artisan Roll		*Optional: Fresh Topping for both sandwiches  Chik'n Sandwich* <b>AND/OR</b> Spicy Chik'n Sandwich*
<b>Entrée 4</b> <i>Salad,            Sandwich,  <b>AND/OR</b>            ♦ Smoothie</i>	<u>Manager's Choice:</u> Salad** <b>AND/OR</b> Sandwich** <b>AND/OR</b> ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>AND/OR</b> Sandwich** <b>AND/OR</b> ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>AND/OR</b> Sandwich** <b>AND/OR</b> ♦ Smoothie** Granola Cinnamon		<u>Manager's Choice:</u> Salad** <b>AND/OR</b> Sandwich** <b>AND/OR</b> ♦ Smoothie** Granola Cinnamon
<b>*OPTIONAL FRESH TOPPINGS:</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 (½ c)</b>	Petite Baby Carrots	Café LA Salad	Celery Sticks		Café LA Salad

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<b>Vegetable (½ c)</b>	Cherry Smooth Cup	Potato Smiles	Orange Medley Juice		Crinkle Cut Sweet Potato Fries
<b>Fruit (½ c)</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit		Fresh Fruit
<b>Fruit Juice (½ c, 4 oz.)</b>	♦ Fruit Juice	♦ Fruit Juice	♦ Fruit Juice		♦ Kiwi Strawberry Slush
<b>♦: 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.</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>	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.

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<b>**MANAGER'S CHOICE OPTIONS FOR LUNCH</b>			
<b>SANDWICHES</b>	1. Toasted Cheese Sandwich V 2. Turkey Breast, Cheese & Shredded Lettuce Sandwich		3. Tuna Sandwich & Shredded Lettuce Sandwich 4. Chicken Parmesan Wrap
	OPTIONAL: Fresh Pickles & 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 9-12 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 <i>Guidelines for Serving Students Under 4 Years Old</i> to select substitutes.					
<b>Entrée 1</b> <i>Hot</i> <b>AND/OR</b> <i>Cold</i>	Cheesy Pillows <b>V</b>	Chicken, Cheese & Chili Flauta ⚠️	Cheeseburger Sliders		Bean & Veggie Taco Crisp Up ⚠️
	Manager's Choice Yogurt Parfait** <b>V</b> Food & Nutrition Crackers	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich ⚠️ <b>OR</b> Apple Cinn Chickpea & Jelly Sandwich ⚠️		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)	Berry Berry Blue Slush	Paradise Punch Vegetable Juice	Petite Baby Carrots ⚠️		Celery Sticks ⚠️
<b>Fruit</b> (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Cherry Lemon Cup		Frozen Watermelon Juice
<b>Milk</b> (8 oz.)	Milk	Milk	Milk		Milk
<b>Condiments</b>	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.

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**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> 3. Turkey Breast & Cheese Sandwich 4. Tuna Sandwich 5. 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**

Apple	Apple Slices, Red	Banana - <b>Do not order on Mondays</b>		Grapes 🚫4
Orange 🚫4	Pear, Bartlett	Plum 🚫4	Plumcot 🚫4	Pluot 🚫4

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

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