

Date: 8/6/25

PREP Grades 9-12 LAUSD Breakfast Menu
September 8 - 12, 2025

	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 V	Morning Beef Sausage Sandwich	NEW- 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	NEW- 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, 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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Date: 8/6/25

PREP Grades 9-12 LAUSD Lunch Menu September 8 - 12, 2025					
	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
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*	Zesty Beef & Cheese Chalupa, Bulk & Tortilla Chips & Fresh Salsa	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge ✓
Entrée 2	Beef & Cheese Taquitos & Fresh Salsa	Mac N Cheese ✓	Arroz Con Pollo	BBQ Popcorn Chicken Honey Biscuit AND/OR Buffalo Popcorn Chicken Honey Biscuit	Beef Teriyaki Dippers & Carrot Rice Bowl
Entree 3 <i>Vegan</i>	Vegan Chik'n Tenders Artisan Roll	*Optional: Fresh Topping for both sandwiches Chik'n Sandwich* AND/OR Spicy Chik'n Sandwich*	Impossible Burger *Optional: Fresh Topping	Bean & Veggie Taco Crisp Up	Vegan Teriyaki & Carrot Rice Bowl
Entrée 4 <i>Salad, Sandwich, OR ♦ Smoothie</i>	<u>Manager's Choice:</u> Salad** OR Sandwich** OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** OR Sandwich** OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** OR Sandwich** OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** OR Sandwich** OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** OR Sandwich** 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>					
Farmer's Harvest	<i>September's Farmer's Harvest items: Persian Cucumbers (CMS #2081, R4635) & 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>				
Vegetable (½ c)	Petite Baby Carrots	Café LA Salad	Celery Sticks	Petite Baby Carrots	Cooked Edamame
Vegetable (½ c)	Berry Berry Blue Slush	Orange Medley Juice	NEW- Crinkle Cut Sweet Potato Fries (Choice of Sauce)	Street Corn	Roasted Potato Wedges
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	♦ 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
Treat Item	Offer the Chocolate Chip Cookie (R2641/CMS #2766) once per week as an Extra Treat.				
Condiments	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

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**MANAGER'S CHOICE OPTIONS	
SANDWICHES	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
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, 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 9-12 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 Guidelines for Serving Students Under 4 to select substitutes.					
Entrée 1 <i>Hot</i> AND/OR <i>Cold</i>	Bean & Cheese Pupusa V	Longboard Pizza ⚠️ (Chicken & Jalapeno)	Toasted Cheese Sandwich V	Breaded Chicken Sandwich AND/OR Spicy Breaded Chicken Sandwich ⚠️	Taco Bean & Cheese Dip with Tortilla Chips V ⚠️
	Manager's Choice Yogurt Parfait** V Strawberry Graham Crackers	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: 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)	Cherry Smooth Cup	Potato Smiles	Petite Baby Carrots ⚠️	Paradise Punch Vegetable Juice	Celery Sticks ⚠️
Fruit (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Frozen Watermelon Juice Cup	Fresh Fruit ⚠️	Strawberry Creamsicle
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	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.

V = Vegetarian

**MANAGER'S CHOICE OPTIONS	
SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich V ⚠️ 2. Toasted Cheese Sandwich V 3. Turkey Breast & Cheese Sandwich 4. Turkey Steak & Cheese Sandwich 5. Tuna Sandwich 6. Sunbutter & Strawberry Jelly Sandwich V ⚠️
PARFAITS	1. Blueberry Parfait V 2. Mango Parfait V 3. Strawberry Parfait V

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Fresh Fruit

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