

Date: 9/4/25

PREP EEC/CSPP/PALS LAUSD Breakfast, Lunch, Snack Menu
October 20 - 24, 2025

	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée	Deluxe Cereal Bowl V	Morning Beef Sausage Sandwich (R0108)	Buttery Maple Waffle V (R2259)	Turkey Sausage Danish (R1276)	Deluxe Cereal Bowl V
Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Applesauce (R3038)
Milk (6 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	-	-	-	-	Strawberry Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée	Toasted Cheese Sandwich V (R1086-IW, R1159-Scratch)	Bean & Cheese Pupusa V (R1078)	Cafe LA Burger (R0090) OR Cafe LA Cheeseburger (R0128)	Breaded Chicken Nuggets (R0953)	Beef Teriyaki Dippers & Carrot Rice Bowl (R5695)
Vegetable	Tropical Trio Slush (CMS #2665, R4524)	Romaine Mix Salad (R4210)	Roasted Potato Wedges (R4370)	Cucumber Coins (R4478)	<i>Carrots in Entree</i>
Fruit	Fresh Fruit	Applesauce (R3038)	Mixed Fruit Cup (CMS #1737)	Fresh Fruit	Strawberry Creamsicle (CMS #2861, R3853)
Milk (6 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	BBQ Sauce, Ketchup	Ranch	Ketchup, Mayo, Mustard	<u>Optional:</u> Ranch	-
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
Grain	Cheez-It Crackers (CMS #1239)	Belvita Cinnamon Crackers (CMS #1447)	Food & Nutrition Crackers (CMS #1590) Cheese Plank (CMS #2525)	Cheez-It Crackers (CMS #1239)	Strawberry Graham Crackers (CMS #1449)
Milk (6 oz) OR Meat/Meat Alt	Milk	Peach Yogurt 4 oz. V (CMS #7156-DW, #9159-CB)	Milk	Milk	Milk

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

V = Vegetarian

Milk: Offer One Milk Choice - Low-Fat Unflavored Milk 6 oz. However, if requested by parent/guardian, an individual carton of Unflavored Fat-Free Milk or Unflavored Fat-Free Lactose Free Milk may be given to a specific student.

Deluxe Cereal Bowl

Cinnamon Toast Crunch (CMS #1623, R2437)	Honey Cheerios (CMS #1442, R2449)
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Fresh Fruit – Order no more than 3 different fresh fruits per day:

Apple Slices, Red (CMS #3935, R3346)	Banana - (CMS #3204, R3005)	Kiwi (CMS #3846, R3288)	Pear, Bosc (CMS #3938, R3373)
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