

Date: 6/17/25

PREP SUMMER MENU: GRADES 6-12
BREAKFAST, LUNCH, SUPPER
JULY 21 – 25, 2025

	MONDAY 7/21	TUESDAY 7/22	WEDNESDAY 7/23	THURSDAY 7/24	FRIDAY 7/25
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Buttery Maple Waffle V (R2259)	Morning Magic Bagel V (R2292)	Morning Beef Sausage Sandwich (R0108)	Ham & Cheese Croissant (R0628)	Oat Crumble Coffee Cake V (CMS #2054)
Entrée 2	Deluxe Cereal Bowl V	Nutri-Grain Bar & Yogurt V (R5721-DW, R5722-CB)	Deluxe Cereal Bowl V	Chocolate Chip Muffin V (CMS #2029)	Yogurt 4 oz. & Crackers V (R5617-DW, R5618-CB)
Entrée 3 <i>Vegan</i>	ONLY PROVIDE A VEGAN MEAL UPON REQUEST. Offer any of the two options daily: 1. Cinnamon Toast Crunch (CMS #1623) 2. Morning Magic Bagel (R2292), Strawberry Jam (CMS#1690)				
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, Cream Cheese (CMS #7097-DW, #9043-CB)			
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite & RAP</i>	Bean & Cheese Chile Burrito V (R1955) Optional: Fresh Salsa (R4613)	Chicken Drumstick (R0974) Artisan Roll (CMS #6068)	Beef & Cheese Taquitos (R0167) Optional: Fresh Salsa (R4613)	All Star Turkey Hot Dog (R0584)	Optional: Fresh Topping* for sandwiches Spicy Breaded Chicken Sandwich (R0907) AND/OR Breaded Chicken Sandwich (R0958)
Entrée 2	Cheese Pizza Wedge V (R1063)	Spicy Taco Stick (R0195) Optional: Fresh Salsa (R4613)	Café LA Burger (R0090) Optional: Fresh Topping*	Orange Chicken & Broccoli Rice Bowl (R5626)	Bean & Cheese Tamale (R1951) Optional: Fresh Salsa (R4613)
	OPTIONAL VEGAN ENTREE – PROVIDE UPON STUDENT REQUEST				

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Entrée 3 <i>Vegan</i>	Vegan Chik’n Tenders (R6043) Artisan Roll (CMS #6068)	Sunbutter & Strawberry Jelly Sandwich (CMS #2978) OR Cinnamon Apple Chickpea & Jelly Sandwich (CMS #2006)	Chik’n Nuggets (R6021) Artisan Roll (CMS #6068) AND/OR Buffalo Chik’n Nuggets (R6031) Artisan Roll (CMS #6068)	Vegan Teriyaki & Broccoli Rice Bowl (R6049)	Optional: Fresh Topping* for sandwiches Spicy Chick’n Sandwich* (R6051) AND/OR Chik’n Sandwich* (R6029)
OPTIONAL Quick Serve	May be served from regular service area or cart. Do if this option meets your operational needs. Lunch Entree 1, 2, or a Field Trip meal may be used for this option.				
*FRESH TOPPING OPTIONS: SERVE EITHER FRESH LETTUCE (R4642) OR LETTUCE & TOMATO (R4520)					
Vegetable (½ c)	Petite Baby Carrots (CMS #3006)	Sweet Corn (R4097)	Café LA Salad (R4576)	Cucumber Coins (R4478)	Sweet Potato Fries (R4464) (<i>Choice of Sauce</i>)
Vegetable (½ c)	Cherry Smooth Cup (CMS #2364)	Cucumber Coins (R4478)	Orange Medley Juice (CMS #1308)	Cooked Edamame (R4596)	Café LA Salad (R4576)
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 (CMS #2417)
Treat Item	Offer the Chocolate Chip Cookie (R2641/CMS #2766) once a week as an Extra Treat.				
Milk, 8 oz.	Milk	Milk	Milk	Milk	Milk
Condiments	Taco Sauce or Tapatio, BBQ Sauce, Ketchup, Tajin, Optional: Ranch	BBQ Sauce, Taco Sauce or Tapatio, Tajin, Optional: Ranch	Taco Sauce or Tapatio, Ketchup, Mustard, Mayo, BBQ Sauce, Tajin, <u>Choice Dressing</u> : Ranch, Asian, or Caesar	Ketchup, Mustard, Sriracha, Tajin, Optional: Ranch	Ketchup, Mustard, Mayo, BBQ Sauce, Tajin, <u>Choice Dressing</u> : Ranch, Asian, or Caesar, <u>Choice of Sauce</u> : BBQ Ranch (R7080), Cajun Ranch (R7110-CB/R7111-DW), Sriracha Mayo (R7079)
	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
Entrée 1	Sunbutter & Strawberry Jelly Sandwich (CMS #2978)	Turkey Breast & Cheese Sandwich (R0911)	Beef Stick Meal Kit (CMS #1688)	Chicken Parmesan Wrap (R5751-DW, R5752-CB)	Turkey Stick (CMS #2065) & Cheese Plank (CMS #2525) Cheez-It Crackers (CMS #1239)
Entrée 2 <i>Vegan</i>	ONLY PROVIDE A VEGAN SUPPER UPON REQUEST. <i>Provide a vegan entrée that is different than what was served for lunch the same day.</i> Entrée Options: 1. Sunbutter & Strawberry Jelly Sandwich (R1943) 2. Apple Cinnamon Chickpea & Grape Jelly Sandwich (R1944)				

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Vegetable (½ c)	Paradise Punch Vegetable Juice (CMS #1681)	Petite Baby Carrots (CMS #3006)	<i>Vegetable in Kit</i>	Berry Berry Blue Slush (CMS #2827)	Petite Baby Carrots (CMS #3006)
Fruit (½ c)	Fresh Fruit	Fresh Fruit	<i>Fruit in Kit</i>	Fresh Fruit	Fresh Fruit
Milk, 8 oz.	Milk	Milk	Milk	Milk	Milk
Condiments	Tajin	Mayo, Mustard, Tajin, Optional: Ranch	Tajin, Optional: Ranch	Taco Sauce or Tapatio, Tajin	Tajin, Optional: Ranch

FIELD TRIP LUNCH MENU		
ENTRÉE OPTIONS		
ENTRÉE Option 1 Turkey Breast & Cheese Sandwich (R0911)	ENTRÉE Option 2 Cheese Sandwich V (R1008)	ENTRÉE Option 3 - VEGAN Sunbutter & Strawberry Jelly Sandwich (CMS #2978) OR Cinnamon Apple Chickpea & Jelly Sandwich (CMS #2006)
OFFER ALL BELOW WITH EACH ENTRÉE OPTION		
FRUITS (1 c)	VEGETABLE (1 c)	MILK, 8oz.
Fresh Fruit, 2 Each Fresh Fruits	Petite Baby Carrots (CMS #3006), 1, 2.5 oz. Pkg. OR Celery Sticks (CMS #3826), 1 Pkg AND Paradise Punch Vegetable Juice (CMS #1681) OR Orange Medley Juice (CMS #1308)	See List Below

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

V = Vegetarian

Milk: Must serve two choices from the following options.

Fat-Free Milk (8 oz)	Low-Fat Milk (8 oz)	Fat-Free Lactose Free Milk (8 oz)	Fat-Free Chocolate Milk (8 oz)
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Deluxe Cereal Bowl

Cinnamon Toast Crunch (CMS #1623)	Honey Bunches of Oats (CMS #1425)	Honey Cheerios (CMS #1442)
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Fresh Fruit

Nectarine (CMS#3891)	Plums (CMS# 3522)	Plumcot (CMS# 3940)	Peach (CMS #3886)
Pluot (CMS# 3700)	Banana (CMS #3204) Do not order on Mondays	White Peach (CMS# 3884)	

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