

Date: 5/23/25

# PREP SUMMER MENU: GRADES 6-12

## BREAKFAST, LUNCH, SUPPER

JUNE 23 – 27, 2025

|                                                                            | MONDAY<br>6/23                                                                   | TUESDAY<br>6/24                                           | WEDNESDAY<br>6/25                                                  | THURSDAY<br>6/26                              | FRIDAY<br>6/27                                                                         |
|----------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------------|
|                                                                            | BREAKFAST                                                                        | BREAKFAST                                                 | BREAKFAST                                                          | BREAKFAST                                     | BREAKFAST                                                                              |
| <b>Entrée 1</b>                                                            | Buttery Maple Waffle <b>V</b><br>(R2259)                                         | Morning Magic Bagel <b>V</b><br>(R2292)                   | Morning Beef Sausage<br>Sandwich (R0108)                           | Ham & Cheese Croissant<br>(R0628)             | Oat Crumble Coffee Cake <b>V</b><br>(CMS #2054)                                        |
| <b>Entrée 2</b>                                                            | Deluxe Cereal Bowl <b>V</b>                                                      | Nutri-Grain Bar & Yogurt <b>V</b><br>(R5721-DW, R5722-CB) | Deluxe Cereal Bowl <b>V</b>                                        | Chocolate Chip Muffin <b>V</b><br>(CMS #2029) | Yogurt 4 oz. & Crackers <b>V</b><br>(R5617-DW, R5618-CB)                               |
| <b>Entrée 3</b><br><i>Vegan</i>                                            | <b>ONLY PROVIDE A VEGAN SUPPER UPON REQUEST.</b>                                 |                                                           |                                                                    |                                               |                                                                                        |
|                                                                            | Cinnamon Toast Crunch<br>(CMS #1623)                                             | Morning Magic Bagel<br>(R2292)                            | Soy Yogurt & Belvita Crackers<br>(R5715-DW, R5716-CB)              | Cinnamon Toast Crunch<br>(CMS #1623)          | Morning Magic Bagel<br>(R2292)                                                         |
| <b>Fruit (½ c)</b>                                                         | Fresh Fruit                                                                      | Fresh Fruit                                               | Fresh Fruit                                                        | Fresh Fruit                                   | Fresh Fruit                                                                            |
| <b>Fruit Juice</b><br>(½ c, 4 oz.)                                         | Fruit Juice                                                                      | Fruit Juice                                               | Fruit Juice                                                        | Fruit Juice                                   | Fruit Juice                                                                            |
| <b>Milk, 8 oz.</b>                                                         | Milk                                                                             | Milk                                                      | Milk                                                               | Milk                                          | Milk                                                                                   |
| <b>LUNCH</b>                                                               | <b>LUNCH</b>                                                                     | <b>LUNCH</b>                                              | <b>LUNCH</b>                                                       | <b>LUNCH</b>                                  | <b>LUNCH</b>                                                                           |
| <b>Entrée 1 -</b><br><i>Café LA</i><br><i>Favorite &amp;</i><br><i>RAP</i> | Bean & Cheese Chile Burrito<br><b>V</b> (R1955)<br>Optional: Fresh Salsa (R4613) | Chicken Drumstick (R0974)<br>Artisan Roll (CMS #6068)     | Beef & Cheese Taquitos<br>(R0167)<br>Optional: Fresh Salsa (R4613) | All Star Turkey Hot Dog<br>(R0584)            | Spicy Breaded Chicken<br>Sandwich (R0907)<br>Optional: Fresh Topping*<br><b>AND/OR</b> |

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|                                                                                        |                                                                                                                                                                          |                                                                                                                     |                                                                                                                                   |                                             | Breaded Chicken Sandwich (R0958)<br>Optional: Fresh Topping*                                                          |
| Entrée 2                                                                               | Cheese Pizza Wedge  (R1063)                                                             | Spicy Taco Stick (R0195)<br>Optional: Fresh Salsa (R4613)                                                           | Café LA Burger (R0090)<br>Optional: Fresh Topping*                                                                                | Orange Chicken & Broccoli Rice Bowl (R5626) | Turkey Breast & Cheese Sandwich (R0911)<br>Optional: Fresh Topping*                                                   |
| Entrée 3<br><i>Vegan</i>                                                               | OPTIONAL VEGAN ENTREE – PROVIDE UPON STUDENT REQUEST                                                                                                                     |                                                                                                                     |                                                                                                                                   |                                             |                                                                                                                       |
|                                                                                        | Vegan Chik’n Tenders (R6043)<br>Artisan Roll (CMS #6068)                                                                                                                 | Sunbutter & Strawberry Jelly Sandwich (CMS #2978)<br><b>OR</b> Cinnamon Apple Chickpea & Jelly Sandwich (CMS #2006) | Chik’n Nuggets (R6021)<br>Artisan Roll (CMS #6068)<br><b>AND/OR</b><br>Buffalo Chik’n Nuggets (R6031)<br>Artisan Roll (CMS #6068) | Vegan Teriyaki & Broccoli Rice Bowl (R6049) | Optional: Fresh Topping* for sandwiches<br>Spicy Chick’n Sandwich (R6051)<br><b>AND/OR</b><br>Chik’n Sandwich (R6029) |
| OPTIONAL Quick Serve                                                                   | May be served from regular service area or cart. Do if this option meets your operational needs.<br>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)<br>(Choice of Sauce)                                                                       |
| 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                                                                                                                  |
|                                                                                        | SUPPER                                                                                                                                                                   | SUPPER                                                                                                              | SUPPER                                                                                                                            | SUPPER                                      | SUPPER                                                                                                                |
| Entrée 1<br>Cold                                                                       | 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)<br>Cheez-It Crackers (CMS #1239)                                  |
| Entrée 2<br>Vegan                                                                      | ONLY PROVIDE A VEGAN SUPPER UPON REQUEST<br>1. Sunbutter & Strawberry Jelly Sandwich (R1943)      2. Apple Cinnamon Chickpea & Grape Jelly Sandwich (R1944)              |                                                                                                                     |                                                                                                                                   |                                             |                                                                                                                       |
| Vegetable (½ c)                                                                        | Paradise Punch Vegetable Juice (CMS #1681)                                                                                                                               | Petite Baby Carrots (CMS #3006)                                                                                     | Celery Sticks (R4004, CMS #3820)                                                                                                  | Berry Berry Blue Slush (CMS #2827)          | Petite Baby Carrots (CMS #3006)                                                                                       |
|                                                                                        |                                                                                                                                                                          |                                                                                                                     | Vegetable in Kit                                                                                                                  |                                             |                                                                                                                       |
| Fruit (½ c)                                                                            | Fresh Fruit                                                                                                                                                              | Fresh Fruit                                                                                                         | Fresh Fruit                                                                                                                       | Fresh Fruit                                 | Fresh Fruit                                                                                                           |
|                                                                                        |                                                                                                                                                                          |                                                                                                                     | Fruit in Kit                                                                                                                      |                                             |                                                                                                                       |

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| Milk, 8 oz.                                                                      | Milk                                                                                       | Milk                                                                                                                                                                             | Milk                                                                                                                                   | Milk                                                                                                                    | Milk                                                                                                                                                                                                                                           |
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| <b>CONDIMENTS</b><br><br><b>B=Breakfast</b><br><b>L=Lunch</b><br><b>S=Supper</b> | <b>L:</b> Taco Sauce or Tapatio, BBQ Sauce, Ketchup, Optional: Ranch<br><b>L, S:</b> Tajin | <b>B:</b> Cream Cheese (CMS #7097-DW, #9043-CB), Strawberry Jam<br><b>L:</b> BBQ Sauce, Taco Sauce or Tapatio<br><b>S:</b> Mayo, Mustard,<br><b>L, S:</b> Tajin, Optional: Ranch | <b>L:</b> Taco Sauce or Tapatio, Ketchup, Mustard, Mayo, BBQ Sauce, Choice Dressing<br><b>S:</b> Optional: Ranch<br><b>L, S:</b> Tajin | <b>L:</b> Ketchup, Mustard, Sriracha, Optional: Ranch Dressing<br><b>S:</b> Taco Sauce or Tapatio<br><b>L, S:</b> Tajin | <b>B:</b> Strawberry Jam<br><b>L:</b> Ketchup, Mustard, Mayo, BBQ Sauce, Choice Dressing, <u>Choice of Sauce:</u> BBQ Ranch (R7080), Cajun Ranch (R7110-CB/R7111-DW), Sriracha Mayo (R7079)<br><b>S:</b> Optional: Ranch<br><b>L, S:</b> Tajin |

| FIELD TRIP LUNCH MENU                                             |                                                                                                                                                                                                         |                                                                                                                                                       |
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| ENTRÉE OPTIONS                                                    |                                                                                                                                                                                                         |                                                                                                                                                       |
| <b>ENTRÉE Option 1</b><br>Turkey Breast & Cheese Sandwich (R0911) | <b>ENTRÉE Option 2</b><br>Cheese Sandwich <b>V</b> (R1008)                                                                                                                                              | <b>ENTRÉE Option 3 - VEGAN</b><br>Sunbutter & Strawberry Jelly Sandwich (CMS #2978)<br><b>OR</b> 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. <b>OR</b><br>Celery Sticks (CMS #3826), 1 Pkg<br><b>AND</b><br>Paradise Punch Vegetable Juice (CMS #1681) <b>OR</b><br>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) | Fat-Free Strawberry (8 oz) |
|----------------------|---------------------|-----------------------------------|--------------------------------|----------------------------|

#### Deluxe Cereal Bowl

|                                   |                                   |                            |
|-----------------------------------|-----------------------------------|----------------------------|
| Cinnamon Toast Crunch (CMS #1623) | Honey Bunches of Oats (CMS #1425) | Honey Cheerios (CMS #1442) |
|-----------------------------------|-----------------------------------|----------------------------|

#### Fresh Fruit

|                                                   |                     |                                                                              |                    |
|---------------------------------------------------|---------------------|------------------------------------------------------------------------------|--------------------|
| Nectarine (CMS#3891)                              | Plums (CMS# 3522)   | Peach (CMS #3886)                                                            | Kiwi (CMS #3846)   |
| White Peach (CMS# 3884)                           | Plumcot (CMS# 3940) | Pluot (CMS# 3700)                                                            | Orange (CMS #3093) |
| Banana (CMS #3204) <b>Do not order on Mondays</b> |                     | Strawberries (CMS #3246, R3332) - <b>Offer 2x/week at Lunch &amp; Supper</b> |                    |

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