

Date: 10/30/25

PREP Grades 6-8 LAUSD Breakfast Menu December 1 – 5, 2025					
	Monday 12/1	Tuesday 12/2	Wednesday 12/3	Thursday 12/4	Friday 12/5
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon French Toast V (R2222)	Morning Magic Bagel V (R2292)	Fiesta Bean & Cheese Burrito V (R1099) Optional: Fresh Salsa (R4613)	Hot Honey Chicken Jalapeno Biscuit Sandwich (R0975)	Café LA Coffee Cake V Scratch: R2276-DW, R2277-CB OR IW: CMS #2773, R2310
Entrée 2	Deluxe Cereal Bowl V	Chocolate Chip Muffin V (CMS #2029, R2646)	Yogurt 4 oz. & Crackers V (R5617-DW, R5618-CB)	Deluxe Cereal Bowl V	NEW - Blueberry Nutri-Grain Bar & String Cheese V (R2305)
Entrée 3 <i>Vegan</i>	- Any day offer either 1) Cinnamon Toast Crunch, (CMS #1623, R2437); or 2) Morning Magic Bagel (R2292), Strawberry Jam (CMS #1483) BIC Sites: Only provide upon request.				
Fruit (½ c)	Fresh Fruit	Apple Slices, Red (CMS #3935, R3346)	Fresh Fruit	Fresh Fruit	Apple Slices, Red (CMS #3935, R3346)
Fruit Juice (½ c, 4 oz.)	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiment	-	Cream Cheese (CMS #7097-DW, #9043 CB; R7041-DW, R7123- CB), Strawberry Jam	Taco Sauce or Tapatio	-	-

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

V = Vegetarian

Deluxe Cereal Bowl

Cinnamon Toast Crunch (CMS #1623, R2437)	Honey Bunches of Oats (CMS #1425, R2448)	Honey Cheerios (CMS #1442, R2449)
--	--	-----------------------------------

Fresh Fruit

Apple Slices, Red (CMS #3935, R3346)		Banana (CMS #3204, R3005)	Kiwi (CMS #3846, R3288)	Orange (CMS #3093, R3148)
--------------------------------------	--	---------------------------	-------------------------	---------------------------

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

Fat-Free	Low-Fat	Fat-Free Lactose Free
----------	---------	-----------------------

Date: 10/30/25

PREP Grades 6-8 LAUSD Lunch Menu December 1 – 5, 2025					
	Monday 12/1	Tuesday 12/2	Wednesday 12/3	Thursday 12/4	Friday 12/5
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite</i>	Walking Taco Nachos (Turkey & Cheese) & Pico De Gallo (R5708)	Pepperoni Pizza Wedge (R0730) AND/OR Cheese Pizza Wedge V (R1063) <u>Optional Pizza Variations:</u> Hawaiian Pizza (R1125), Mexican Pizza (R1154), Supreme Pizza (R1155)	Chicken Corn Dog (R0920)	Mini Mozzarella Bites with Marinara Sauce V (R1153)	Optional: Fresh Topping* for sandwiches Breaded Chicken Sandwich* (R0958) AND/OR Spicy Breaded Chicken Sandwich* (R0907)
Entrée 2 <i>Bowl</i>	Beef & Cheese Taquitos (R0167) & Fresh Salsa (R4613)	Beef Birria Burrito (R0198) Optional: Consume (R7117)	Chicken Alfredo Pasta (R5842)	Orange Chicken & Broccoli Bowl (R5626)	NEW/LTO Beef & Cheese Tamale (R0001) & Fresh Salsa (R4613)
Entrée 3 <i>Vegan</i>	Vegan Chik'n Tenders (R6043) Artisan Roll (CMS #6068, R2183)	Impossible Burger* (R6032) Optional: Fresh Topping*	Chik'n Nuggets (R6021) Artisan Roll (CMS #6068) AND/OR Buffalo Chik'n Nuggets (R6031) Artisan Roll (CMS #6068, R2183)	Vegan Teriyaki & Broccoli Rice Bowl (R6049)	Optional: Fresh Topping* for sandwiches Chik'n Sandwich* (R6029) AND/OR Spicy Chik'n Sandwich* (R6051)
Entrée 4 <i>Salad, Sandwich, AND/OR ♦ Smoothie</i>	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	<u>Manager's Choice:</u> Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)
*OPTIONAL FRESH TOPPINGS: Fresh Lettuce (R4642) OR Lettuce & Tomato (R4520), and/or Fresh Pickles (R4618)					
Farmer's Harvest	December's Farmer's Harvest items: Crab Apples (CMS #1308, R4521) DO NOT ORDER since items auto shipped weekly by the Foods Warehouse. Serve any day as an additional fruit or vegetable option. Adjust your produce orders accordingly.				
Vegetable (½ c)	Petite Baby Carrots (CMS #3006, R4010)	Café LA Salad (R4576)	Celery Sticks (CMS #3826, R4658)	Petite Baby Carrots (CMS #3006, R4010)	Café LA Salad (R4576)
Vegetable (½ c)	Cherry Smooth Cup (CMS #2364, R4463)	Potato Smiles (R4176)	Orange Medley Juice (CMS #1308, R4521)	Cooked Edamame (R4596)	Roasted Potato Wedges (R4370)
Fruit (½ c)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit

Date: 10/30/25

					OR ♦ Raspberry Passion Fruit Slush (CMS #2417, R3855)
♦: 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 Chocolate Chip Cookie (R2641/CMS #2766) once per week as an Extra Treat.				
Condiments	Taco Sauce or Tapatio, BBQ Sauce, Ketchup Tajin, Mayo, Mustard, <u>Optional</u> : Ranch, Liquid Chamoy	Ketchup, Mustard, Taco Sauce or Tapatio, Ranch, Tajin, Mayo, Mustard, <u>Optional</u> : Liquid Chamoy	Ketchup, Mustard, BBQ Sauce, Tajin, Mayo, Mustard, <u>Optional</u> : Ranch, Liquid Chamoy	Sriracha Sauce, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy	BBQ Sauce, Ketchup, Mayo, Mustard, Taco Sauce or Tapatio, Ranch, Tajin, <u>Optional</u> : Liquid Chamoy

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

V = Vegetarian

**MANAGER'S CHOICE OPTIONS FOR LUNCH	
SANDWICHES	1. Chicken Parmesan Wrap, (R5751-DW, R5752-CB) 2. NEW - Ham & Cheese Sandwich (<i>Pork</i>) (R0636) 3. Jalapeno Bagel Sandwich (R1968) 4. Toasted Cheese Sandwich (R1086-IW, R1159-Scratch) 5. NEW - Triple Stack Sub (<i>Turkey, Ham/Pork & Cheese</i>) (R0637) 6. Turkey Breast, Cheese & Shredded Lettuce Sandwich (R1161) 7. Tuna Sandwich & Shredded Lettuce Sandwich (R5805) OPTIONAL: Fresh Pickles (R4618) & Sliced Tomato (R4650)
SMOOTHIES	1. Strawberry Smoothie (R1697-DW, R1698-CB) 2. Blueberry Smoothie (R1686-DW, R1687-CB) 3. Mango Smoothie (R1688-DW, R1689-CB) 4. Strawberry Mango Smoothie (R1699-DW, R1700-CB)
SALADS	1. Chicken Parmesan Salad (R5710) & Caesar Dressing (CMS#1416, R7030), Cheesy Garlic Breadstick (R2657) 2. Cajun Chicken Salad (R5713) & Cajun Ranch Dressing (R7110-CB, R7111-DW), Honey Biscuit (R2638) 3. Crunchy Chef Salad (R5812) & Ranch Dressing (R7110-CB, R7111-DW), Artisan Roll (CMS #6068, R2183) 4. Chinese Chicken Salad w/Shredded Chicken (R5709) & Asian Dressing (CMS #1073, R7119), Hawaiian Roll (CMS #6082, R2444)

Fresh Fruit

Apple Slices, Red (CMS #3935, R3346)	Banana (CMS #3204, R3005)	Kiwi (CMS #3846, R3288)	Orange (CMS #3093, R3148)
--------------------------------------	---------------------------	-------------------------	---------------------------

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.				

Date: 10/30/25

PREP Grades 6-8 LAUSD Supper Menu December 1 – 5, 2025					
	Monday 12/1	Tuesday 12/2	Wednesday 12/3	Thursday 12/4	Friday 12/5
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
: Shows possible choking hazards or spicy items NOT for students under 4 years old. Refer to <i>Guidelines for Serving Students Under 4 Years Old</i> for substitutes.					
Entrée 1 <i>Hot</i> AND/OR <i>Cold</i>	Bean & Cheese Pupusa (R1078)	Breaded Chicken Nuggets (R0953)	Cheeseburger Sliders (R0137N)	Fiestada Flatbread (Beef & Cheese) (R1967)	Beef & Cheese Burrito (R0145)
	Manager's Choice Yogurt Parfait** NEW Kashi Strawberry Banana Smoothie Loops (CMS#1985, R2304)	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich (CMS #2978, R1943) OR Cinnamon Apple Chickpea & Jelly Sandwich (CMS #2006, R1944)	Turkey Stick (CMS #2065, R0759) & String Cheese (CMS #2902, R1047) Cheez-It Crackers (CMS #1239, R2410)	Manager's Choice SUPPER Sandwich**
	Shelf-Stable Meal Kits require AFSS approval to serve: 1. Beef Stick Meal Kit (CMS #1688, R5798), 2. Turkey Stick Meal Kit (CMS #1435, R5810), OR 3. Sunbutter & Jelly Meal Kit (CMS #1683, R5797)				
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> Options: 1. Chik'n Nuggets (R6021) & Artisan Roll (CMS #6068, R2183) 5. Impossible Burger (R6032) 2. Buffalo Chik'n Nuggets (R6031) & Artisan Roll (CMS #6068, R2183) 6. Sunbutter & Strawberry Jelly Sandwich (R1943) 3. Vegan Chik'n Tenders (R6043) & Artisan Roll (CMS #6068, R2183) 7. Apple Cinnamon Chickpea & Grape Jelly Sandwich (R1944) 4. Chik'n Sandwich (R6029) 8. Spicy Chik'n Sandwich (R6051)				
Vegetable (½ c)	Tropical Trio Slush (CMS #2665, R4524)	Golden State Juice (CMS #1485, R4666)	Celery Sticks (CMS #3826, R4658)	Roasted Potato Wedges (R4370) OR Cherry Smooth Cup (CMS #2364, R4463)	Petite Baby Carrots (CMS #3006, R4010)
Fruit (½ c)	Fresh Fruit	Fresh Fruit	Cherry Lemon Cup (CMS #2981, R3852)	Apple Slices, Red (CMS #3935 R3346)	Peach Chamango Pop (CMS #2076, R3355)
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	Ketchup, Mayo, Mustard, Tajin	Tajin	Ketchup, Mayo, Mustard, Tajin, <u>Optional</u> : Ranch	Taco Sauce or Tapatio, Tajin	Mayo, Mustard, Tajin, <u>Optional</u> : Ranch

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

= Vegetarian

Date: 10/30/25

****MANAGER'S CHOICE OPTIONS FOR SUPPER**

SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich V  (CMS #2006, R1944)	5. Toasted Cheese Sandwich (R1086-IW, R1159-Scratch)
	2. NEW - Ham & Cheese Sandwich (<i>Pork</i>) (R0636)	6. NEW – Triple Stack Sub (<i>Turkey, Ham/Pork & Cheese</i>) (R0637)
PARFAITS	3. Jalapeno Bagel Sandwich  (R1968)	7. Turkey Breast & Cheese Sandwich (R0911)
	4. Sunbutter & Strawberry Jelly Sandwich V  (CMS #2978, R1943)	8. Tuna Sandwich (R5619)
	1. Blueberry Parfait V (R1690-DW, R1691-CB)	1. Mango Parfait V (R1692-DW, R1693-CB)
		2. Strawberry Parfait V (R1694-DW, R1695-CB)

Fresh Fruit

Apple Slices, Red (CMS #3935, R3346)	Banana (CMS #3204, R3005)	Kiwi (CMS #3846, R3288)	Orange (CMS #3093, R3148)
--------------------------------------	---------------------------	-------------------------	---------------------------

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.				