

Date: 9/4/25

**PREP Grades 6-8 LAUSD Breakfast Menu**  
**October 20 - 24, 2025**

	<b>Monday 10/20</b>	<b>Tuesday 10/21</b>	<b>Wednesday 10/22</b>	<b>Thursday 10/23</b>	<b>Friday 10/24</b>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
<b>Entrée 1</b>	Cinnamon Pan Dulce <b>V</b> (R2252)	Morning Beef Sausage Sandwich (R0108)	Guava & Apple Pastelito <b>V</b> (CMS #2095, R2450)	Turkey Sausage Danish (R1276)	Cinnamon Roll <b>V</b> (R2287)
<b>Entrée 2</b>	Deluxe Cereal Bowl <b>V</b>	Buttery Maple Waffle <b>V</b> (R2259)	Yogurt 4 oz. & Crackers <b>V</b> (R5617-DW, R5618-CB)	Deluxe Cereal Bowl <b>V</b>	Yogurt 4 oz. & Nutri-Grain Bar <b>V</b> (R5721-DW, R5722-CB)
<b>Entrée 3 Vegan</b>	Cinnamon Toast Crunch (CMS #1623, R2437)	Morning Magic Bagel (R2292)	Guava & Apple Pastelito (CMS #2095, R2450)	Cinnamon Toast Crunch (CMS #1623, R2437)	Morning Magic Bagel (R2292)
<b>Entrée 3 Vegan</b>	<b>BIC Sites:</b> Put at least 1 serving of the Vegan option in each BIC bag each day.				
<b>Fruit (½ c)</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Fruit Juice (½ c, 4 oz.)</b>	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	-	Strawberry Jam	-	-	Strawberry Jam

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)
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**Fresh Fruit**

Apple Slices, Red (CMS #3935, R3346)	Banana (CMS #3204, R3005)	Grapes (CMS #3176, R3268)
Kiwi (CMS #3846, R3288)	Pear, Bosc (CMS #3938, R3373)	Plum (CMS # 3522, R3152)

**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: 9/4/25

<b>PREP Grades 6-8 LAUSD Lunch Menu</b> <b>October 20 - 24, 2025</b>					
	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>Entrée 1</b> <i>Café LA Favorite</i>	All Star Turkey Hot Dog (R0584)	Chicken Drumstick & Mashed Potato (R5811) Honey Biscuit (R2638)	Optional: Fresh Topping* for all burgers  Buttery Burger (R5776) <b>AND/OR</b> Buttery Cheeseburger (R5820) <b>AND/OR</b> Buttery Western Cheeseburger (R5821)	Zesty Beef & Cheese Chalupa SUPREME & Tortilla Chips (R5817) & Fresh Salsa (R4613)	Pepperoni Pizza Wedge (R0730) <b>AND/OR</b> Cheese Pizza Wedge <b>V</b> (R1063)  Optional Pizza Variations: Hawaiian Pizza (R1125), Mexican Pizza (R1154), Supreme Pizza (R1155)
<b>Entrée 2</b>	<b>LTO</b> – Chicken Masala & Brown Rice Bowl (R5770)	<b>NEW/LTO</b> – Cheesesteak Sandwich (R0141?)	Mac N Cheese <b>V</b> (R5653)	Fi-LA of Fish Sandwich (R0843)	Beef Teriyaki Dippers & Carrot Rice Bowl (R5695)
<b>Entree 3</b> <i>Vegan</i>	<b>LTO</b> – Chana (Chickpea) Masala & Brown Rice Bowl (R5769)	*Optional: Fresh Topping for both sandwiches Chik’n Sandwich* (R6029) <b>AND/OR</b> Spicy Chick’n Sandwich* (R6051)	Impossible Burger* (R6032) *Optional: Fresh Topping	Bean & Veggie Taco CrispUp (R1953)	Vegan Teriyaki & Carrot Rice Bowl (R6041)
<b>Entrée 4</b> Salad, Sandwich, <b>AND/OR</b> ♦ Smoothie	<u>Manager’s Choice:</u> Salad** <b>AND/OR</b> Sandwich** <b>AND/OR</b> ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	<u>Manager’s Choice:</u> Salad** <b>AND/OR</b> Sandwich** <b>AND/OR</b> ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	<u>Manager’s Choice:</u> Salad** <b>AND/OR</b> Sandwich** <b>AND/OR</b> ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	<u>Manager’s Choice:</u> Salad** <b>AND/OR</b> Sandwich** <b>AND/OR</b> ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	<u>Manager’s Choice:</u> Salad** <b>AND/OR</b> Sandwich** <b>AND/OR</b> ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)
<b>*OPTIONAL FRESH TOPPINGS:</b> 1) <b>BUTTERY BURGER:</b> Green Leaf Lettuce (R4649), Tomato Slice (R4650), and/or Fresh Pickles (R4618) 2) <b>ALL OTHER BURGERS &amp; SANDWICHES:</b> Fresh Lettuce (R4642) OR Lettuce & Tomato (R4520), and/or Fresh Pickles (R4618)					
<b>Farmer’s Harvest</b>	<b>October’s Farmer’s Harvest items: Persian Cucumbers (CMS #2081, R4635).</b> <b>DO NOT ORDER since items auto shipped weekly by the Foods Warehouse. Serve any day as additional fruit or vegetable option.</b> <b>Adjust your produce orders accordingly.</b>				
<b>Vegetable</b> (½ c)	Petite Baby Carrots (CMS #3006, R4010)	Café LA Salad (R4576)	Petite Baby Carrots (CMS #3006, R4010)	Celery Sticks (CMS #3826, R4658)	Roasted Potato Wedges (R4370)
<b>Vegetable</b> (½ c)	Tropical Trio Slush (CMS #2665, R4524)	Orange Medley Juice (CMS #1308, R4521)	Crinkle Cut Sweet Potato Fries (R4659) (Choice of Sauce)	Street Corn (R4530)	Cooked Edamame (R4596)

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<b>Fruit (½ c)</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit <b>OR</b> ♦ Raspberry Passion Fruit Slush (CMS #2472, R3855)
<b>♦: 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.</b>					
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Treat Item</b>	Offer the Chocolate Chip Cookie* (R2641/CMS #2766) once per week as an Extra Treat.				
<b>Condiments</b>	Ketchup, Mustard, Taco Sauce or Tapatio, 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 (R7097), Ranch, Tajin, <u>Sweet Potato Fries Sauce Choices:</u> Secret Sauce (R7097), Ranch (R7103-CB, R7079-DW), BBQ Ranch (R7080), Cajun Ranch (R7110-CB, R7111-DW), Sriracha Mayo (R7096), <u>Optional:</u> Liquid Chamoy	Taco Sauce or Tapatio, Secret Sauce (R7079), Tajin, <u>Optional:</u> Ranch, Liquid Chamoy	Sriracha Sauce, Ketchup, Tajin, <u>Optional:</u> Liquid Chamoy

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

V = Vegetarian

<b>**MANAGER'S CHOICE OPTIONS FOR LUNCH</b>			
<b>SANDWICHES</b>	1. Chicken Parmesan Wrap (R5751-DW, R5752-CB)	3. Turkey Breast, Cheese & Shredded Lettuce Sandwich (R1161)	
	2. Toasted Cheese Sandwich V (R1086-IW, R1159-Scratch)	4. Tuna Sandwich & Shredded Lettuce Sandwich (R5805)	
	OPTIONAL: Fresh Pickles OR Sliced Tomato		
<b>SMOOTHIES</b>	1. Strawberry Smoothie V (R1684-DW, R1685-CB)	3. Mango Smoothie V (R1688-DW, R1689-CB)	
	2. Blueberry Smoothie V (R1686-DW, R1687-CB)	4. Strawberry Mango Smoothie V (R1682-DW, R1683-CB)	
<b>SALADS</b>	1. Chicken Parmesan Salad (R5710) & Caesar Dressing (CMS#1416, R7030), Cheesy Garlic Breadstick (R2657)	3. Crunchy Chef Salad (R5812) & Ranch Dressing (R7103-CB, R7079-DW), Artisan Roll (CMS #6068, R2183)	
	2. Cajun Chicken Salad (R5713) & Cajun Ranch Dressing (R7110-CB, R7111-DW), Honey Biscuit (R2638)	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)	Grapes (CMS #3176, R3268)
Kiwi (CMS #3846, R3288)	Pear, Bosc (CMS #3938, R3373)	Plum (CMS # 3522, R3152)

**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
<b>Milk Service Guidelines:</b> <ul style="list-style-type: none"> <li>At least one (1) unflavored milk must always be offered</li> <li>Flavored milk (i.e., chocolate &amp; strawberry) can only be offered to students in 1<sup>st</sup> grade and above.</li> </ul>				

<b>PREP Grades 6-8 LAUSD Supper Menu</b> <b>October 20 - 24, 2025</b>					
	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
<b>⚠️: Shows possible choking hazards or spicy items that may not be served to students under 4 years old.</b> <b>Refer to Guidelines for Serving Students Under 4 Years Old to select substitutes.</b>					
<b>Entrée 1</b> <i>Hot</i> <b>AND/OR</b> <i>Cold</i>	Breaded Chicken Sandwich (R0210) <b>AND/OR</b> Spicy Breaded Chicken Sandwich ⚠️ (R0206)	Bean & Cheese Pupusa <b>V</b> (R1078)	Pepperoni Pizza Croissant (R2301) Optional: Marinara Sauce (R7132)	Toasted Cheese Sandwich <b>V</b> (R1086-IW, R1159-Scratch)	Taco Bean & Cheese Dip with Tortilla Chips <b>V</b> ⚠️ (R1160)
	Manager's Choice Yogurt Parfait** <b>V</b> Food & Nutrition Crackers <b>V</b> (CMS #1590, R2428)	Manager's Choice SUPPER Sandwich**	Chicken Parmesan Wrap (R5751-DW, R5752-CB)	Turkey Stick ⚠️ (CMS #2065, R0759) & String Cheese ⚠️ (CMS #2902, R1047) Cheez-It Crackers (CMS #1239, R2410)	Manager's Choice SUPPER Sandwich**
	<b>Shelf-Stable Meal Kits require AFSS approval to serve:</b> 1. Beef Stick Meal Kit ⚠️ (CMS #1688, R5798), 2. Turkey Stick Meal Kit ⚠️ (CMS #1435, R5810), <b>OR</b> 3. Sunbutter & Jelly Meal Kit <b>V</b> ⚠️ (CMS #1683, R5797)				
<b>Entrée 2</b> <i>Vegan</i>	<b>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.</b> <b>Options:</b> 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 Chick'n Sandwich ⚠️ (R6051)				
<b>Vegetable</b> (½ c)	Cherry Smooth Cup (CMS #2364, R4463)	Potato Smiles (R4176)	Celery Sticks ⚠️ (CMS #3826, R4658)	Golden State Juice (CMS #1485, R4666)	Petite Baby Carrots ⚠️ (CMS #3006, R4010)
<b>Fruit</b> (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Frozen Tangerine Juice Cup (CMS #2871, R3856)	Fresh Fruit ⚠️	Strawberry Creamsicle (CMS #2861, R3853)
<b>Milk</b> (8 oz.)	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	Tajin	Tajin	Tajin, <u>Optional</u> : Ranch	Taco Sauce or Tapatio, Mayo, Mustard, Tajin	Tajin, <u>Optional</u> : Ranch





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

**V** = Vegetarian

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**MANAGER'S CHOICE OPTIONS FOR SUPPER		
<b>SANDWICHES</b>	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich   (R1944) 2. Toasted Cheese Sandwich  (R1086-IW, R1159-Scratch) 3. Turkey Breast & Cheese Sandwich (R1163)	4. Tuna Sandwich (R5619) 5. Sunbutter & Strawberry Jelly Sandwich   (R1943)
<b>PARFAITS</b>	1. Blueberry Parfait  (R1690-DW, R1691-CB)	1. Mango Parfait  (R1692-DW, R1693-CB) 2. Strawberry Parfait  (R1694-DW, R1695-CB)

**Fresh Fruit**

Apple Slices, Red (CMS #3935, R3346)	Banana (CMS #3204, R3005)	Grapes   (CMS #3176, R3268)
Kiwi (CMS #3846, R3288)	Pear, Bosc (CMS #3938, R3373)	Plum   (CMS # 3522, R3152)

**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
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