

Date: 9/4/25

PREP Grades 9-12 LAUSD Breakfast 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 1	Cinnamon Pan Dulce V (R2252)	Morning Beef Sausage Sandwich (R0108)	Guava & Apple Pastelito V (CMS #2095, R2450)	Turkey Sausage Danish (R1276)	Cinnamon Roll V (R2287)
Entrée 2	Deluxe Cereal Bowl V	Buttery Maple Waffle V (R2259)	Yogurt 4 oz. & Crackers V (R5617-DW, R5618-CB)	Deluxe Cereal Bowl V	Yogurt 4 oz. & Nutri-Grain Bar V (R5721-DW, R5722-CB)
Entrée 3 Vegan	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)
Entrée 3 Vegan	BIC Sites: Put at least 1 serving of the Vegan option in each BIC bag each day.				
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	-	-	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

PREP Grades 9-12 LAUSD Lunch Menu October 20 - 24, 2025					
	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <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) AND/OR Buttery Cheeseburger (R5820) AND/OR Buttery Western Cheeseburger (R5821)	Zesty Beef & Cheese Chalupa SUPREME & Tortilla Chips (R5817) & Fresh Salsa (R4613)	Pepperoni Pizza Wedge (R0730) AND/OR Cheese Pizza Wedge V (R1063) Optional Pizza Variations: Hawaiian Pizza (R1125), Mexican Pizza (R1154), Supreme Pizza (R1155)
Entrée 2	LTO – Chicken Masala & Brown Rice Bowl (R5770)	NEW/LTO – Cheesesteak Sandwich (R0141)	Mac N Cheese V (R5653)	Fi-LA of Fish Sandwich (R0843)	Beef Teriyaki Dippers & Carrot Rice Bowl (R5695)
Entree 3 <i>Vegan</i>	LTO – Chana (Chickpea) Masala & Brown Rice Bowl (R5769)	*Optional: Fresh Topping for both sandwiches Chik’n Sandwich* (R6029) AND/OR Spicy Chick’n Sandwich* (R6051)	Impossible Burger* (R6032) *Optional: Fresh Topping	Bean & Veggie Taco CrispUp (R1953)	Vegan Teriyaki & Carrot Rice Bowl (R6041)
Entrée 4 Salad, Sandwich, AND/OR ♦ Smoothie	<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: 1) BUTTERY BURGER: Green Leaf Lettuce (R4649), Tomato Slice (R4650), and/or Fresh Pickles (R4618) 2) ALL OTHER BURGERS & SANDWICHES: Fresh Lettuce (R4642) OR Lettuce & Tomato (R4520), and/or Fresh Pickles (R4618)					
Farmer’s Harvest	October’s Farmer’s Harvest items: Persian Cucumbers (CMS #2081, R4635). DO NOT ORDER since items auto shipped weekly by the Foods Warehouse. Serve any day as additional fruit or vegetable option. Adjust your produce orders accordingly.				
Vegetable (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)
Vegetable (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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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	♦ Raspberry Passion Fruit Slush (CMS #2472, 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 the Chocolate Chip Cookie* (R2641/CMS #2766) once per week as an Extra Treat.				
Condiments	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.

✓ = Vegetarian

**MANAGER'S CHOICE OPTIONS FOR LUNCH			
SANDWICHES	1. Chicken Parmesan Wrap (R5751-DW, R5752-CB)	3. Turkey Breast, Cheese & Shredded Lettuce Sandwich (R1161)	
	2. Toasted Cheese Sandwich ✓ (R1086-IW, R1159-Scratch)	4. Tuna Sandwich & Shredded Lettuce Sandwich (R5805)	
	OPTIONAL: Fresh Pickles OR Sliced Tomato		
SMOOTHIES	1. Strawberry Smoothie ✓ (R1684-DW, R1685-CB)	3. Mango Smoothie ✓ (R1688-DW, R1689-CB)	
	2. Blueberry Smoothie ✓ (R1686-DW, R1687-CB)	4. Strawberry Mango Smoothie ✓ (R1682-DW, R1683-CB)	
SALADS	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)

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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: 9/4/25

PREP Grades 9-12 LAUSD Supper Menu October 20 - 24, 2025					
	Monday 10/20	Tuesday 10/21	Wednesday 10/22	Thursday 10/23	Friday 10/24
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
⚠️: Shows possible choking hazards or spicy items that may not be served to students under 4 years old. Refer to Guidelines for Serving Students Under 4 Years Old to select substitutes.					
Entrée 1 <i>Hot</i> AND/OR <i>Cold</i>	Breaded Chicken Sandwich (R0210) AND/OR Spicy Breaded Chicken Sandwich ⚠️ (R0206)	Bean & Cheese Pupusa V (R1078)	Pepperoni Pizza Croissant (R2301) Optional: Marinara Sauce (R7132)	Toasted Cheese Sandwich V (R1086-IW, R1159-Scratch)	Taco Bean & Cheese Dip with Tortilla Chips V ⚠️ (R1160)
	Manager's Choice Yogurt Parfait** V Food & Nutrition Crackers V (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**
	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 V ⚠️ (CMS #1683, R5797)				
Entrée 2 <i>Vegan</i>	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. 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 Chick'n Sandwich ⚠️ (R6051)				
Vegetable (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)
Fruit (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Frozen Tangerine Juice Cup (CMS #2871, R3856)	Fresh Fruit ⚠️	Strawberry Creamsicle (CMS #2861, R3853)
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	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		
SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich   (R1944) 2. Toasted Cheese Sandwich  (R1086-IV, R1159-Scratch) 3. Turkey Breast & Cheese Sandwich (R1163)	4. Tuna Sandwich (R5619) 5. Sunbutter & Strawberry Jelly Sandwich   (R1943)
PARFAITS	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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