

Date: 9/4/25

PREP Grades 9-12 LAUSD Breakfast Menu
October 27 – 31, 2025

	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon French Toast V (R2222)	Morning Magic Bagel V (R2292)	LTO- Turkey Sausage & Pancake Bites (R5818)	Hot Honey Chicken Jalapeno Biscuit Sandwich (R0975)	Café LA Coffee Cake V (CMS #2773, R2245)
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	Yogurt 4 oz. & Nutri-Grain Bar V (R5721-DW, R5722-CB)
Entrée 3 <i>Vegan</i>	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 <i>Vegan</i>	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	-	Cream Cheese, (CMS #7097-DW, #9043-CB), Strawberry Jam	Taco Sauce or Tapatio	-	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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PREP Grades 9-12 LAUSD Lunch Menu October 27 – 31, 2025					
	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
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 ✓ (R1063) Optional Pizza Variations: Hawaiian Pizza (R1125), Mexican (R1154), Supreme Pizza (R1155)	Chicken Corn Dog (R0920)	Mini Mozzarella Bites with Marinara Sauce (R1153)	*Optional: Fresh Topping for both sandwiches Breaded Chicken Sandwich* (R0210) AND/OR Spicy Breaded Chicken Sandwich* (R0206)
Entrée 2 <i>Bowl</i>	Beef & Cheese Taquitos (R0167) & Fresh Salsa (R4613)	BBQ Beef Rib Patty Sandwich with Pickles & Coleslaw (R5705)	Chicken Alfredo Pasta (R5734)	Orange Chicken & Rice Bowl (R5593)	NEW - Beef Birria Burrito (R0198) Optional: Consume (R7117)
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, R2183) OR Buffalo Chik'n Nuggets (R6031) Artisan Roll (CMS #6068, R2183)	Vegan Teriyaki & Carrot Rice Bowl (R6041)	*Optional: Fresh Topping for both sandwiches Chik'n Sandwich* (R6029) AND/OR Spicy Chick'n Sandwich* (R6051)
Entrée 4 Salad, Sandwich, AND/OR ♦ Smoothie	Manager's Choice: Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	Manager's Choice: Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	Manager's Choice: Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	Manager's Choice: Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)	Manager's Choice: Salad** AND/OR Sandwich** AND/OR ♦ Smoothie** Granola Cinnamon (CMS #1501, R2439)
*OPTIONAL FRESH TOPPINGS: <i>Fresh Lettuce (R4642) OR Lettuce & Tomato (R4520), and/or Fresh Pickles (R4618)</i>					
Farmer's Harvest	October's Farmer's Harvest items: Persian Cucumbers (CMS #2081, R4635) & Organic Apples (CMS #2057, R3375) DO NOT ORDER - Items auto-shipped weekly from Foods Warehouse. Serve any day as additional fruit and vegetable option. Adjust your produce orders accordingly.				

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Vegetable (½ c)	Petite Baby Carrots (CMS #3006, R4010)	Café LA Salad (R4576)	Petite Baby Carrots (CMS #3006, R4010)	Celery Sticks (CMS #3826, R4658)	Café LA Salad (R4576)
Vegetable (½ c)	Cherry Smooth Cup (CMS #2364, R4463)	Roasted Potato Wedges (R4370)	Orange Medley Juice (CMS #1308, R4521)	Cooked Edamame (R4596)	Crinkle Cut Sweet Potato Fries (R4659) (Choice of Sauce)
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 Pumpkin Spice Cookie (R2650/CMS #2612) once this week as an Extra Treat.				
Condiments	Taco Sauce or Tapatio, BBQ Sauce, Ketchup, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy	Ketchup, Mustard, Ranch Tajin, <u>Optional</u> : Liquid Chamoy	Ketchup, Taco Sauce or Tapatio, BBQ Sauce, Mayo, Mustard, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy	Sriracha Sauce Tajin <u>Optional</u> : Ranch, Liquid Chamoy	BBQ Sauce, Ketchup, Taco Sauce or Tapatio Mustard, 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

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. Toasted Cheese Sandwich V (R1086-IW, R1159-Scratch)	3. Turkey Breast, Cheese & Shredded Lettuce Sandwich (R1161) 4. Tuna Sandwich & Shredded Lettuce Sandwich (R5805)	
	OPTIONAL: Fresh Pickles OR Sliced Tomato		
SMOOTHIES	1. Strawberry Smoothie V (R1684-DW, R1685-CB) 2. Blueberry Smoothie V (R1686-DW, R1687-CB)	3. Mango Smoothie V (R1688-DW, R1689-CB) 4. Strawberry Mango Smoothie V (R1682-DW, R1683-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 (R7103-CB, R7079-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)	Grapes (CMS #3176, R3268)
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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
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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 27 – 31, 2025

	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
<p align="center">⚠️: Shows possible choking hazards or spicy items NOT for students under 4 years old. Refer to Guidelines for Serving Students Under 4 Years Old for substitutes.</p>					
Entrée 1 <i>Hot AND/OR Cold</i>	Breaded Chicken Nuggets (R0953)	Chicken, Cheese & Chili Flauta ⚠️ (R0978)	Cheeseburger Sliders (R0137)	Fiestada Stuffed Sandwich (Beef & Cheese) (R0159)	Bean & Veggie Taco Crisp Up ⚠️ (R1958)
	Manager's Choice Yogurt Parfait** ✓ Food & Nutrition Crackers ✓ (CMS #1590, R2428)	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich ✓ ⚠️ (R1943)	Turkey Stick ⚠️ (CMS #2065, R0759) & String Cheese ⚠️ (CMS #2902, R1047) Cheez-It Crackers (CMS #1239, R2410)	Manager's Choice SUPPER Sandwich**
	<p align="center">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)</p>				
Entrée 2 <i>Vegan</i>	<p>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. Entrée 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)</p>				
Vegetable (½ c)	Tropical Trio Slush (CMS #2665, R4524)	Golden State Juice (CMS #1485, R4666)	Celery Sticks ⚠️ (CMS #3826, R4658)	Roasted Potato Wedges (R4370)	Petite Baby Carrots ⚠️ (CMS #3006, R4010)
Fruit (½ c)	Fresh Fruit	Fresh Fruit	Cherry Lemon Cup (CMS #2981, R3852)	Fresh Fruit	Frozen Tangerine Juice Cup (CMS #2871, R3856)
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	Ketchup, Mayo, Mustard, Tajin	Tajin	Tajin, <u>Optional</u> : Ranch	Taco Sauce or Tapatio, Tajin	Tajin, <u>Optional</u> : Ranch

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

✓ = Vegetarian

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

SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich ✓ ⚠️ 2. Toasted Cheese Sandwich ✓ (R1086-IW, R1159-Scratch) 3. Turkey Breast & Cheese Sandwich (R1163)	4. Tuna Sandwich (R5619) 5. Sunbutter & Strawberry Jelly Sandwich ✓ ⚠️
PARFAITS	1. Blueberry Parfait ✓ (R1690-DW, R1691-CB)	1. Mango Parfait ✓ (R1692-DW, R1693-CB) 2. Strawberry Parfait ✓ (R1694-DW, R1695-CB)

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Fresh Fruit

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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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