

Date: 5/8/25

PREP GRADES 9-12 LAUSD BREAKFAST, LUNCH, SUPPER MENU
SEPTEMBER 1 - 5, 2025

	MONDAY 9/1 HOLIDAY	TUESDAY 9/2	WEDNESDAY 9/3	THURSDAY 9/4	FRIDAY 9/5
BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1		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 (CMS #2773)
Entrée 2		Chocolate Chip Muffin V (CMS #2029)	Yogurt 4 oz. & Crackers V (R5617-DW, R5618-CB)	Deluxe Cereal Bowl V	Nutri-Grain Bar & Yogurt V (R5721-DW, R5722-CB)
Entrée 3 <i>Vegan</i>		Morning Magic Bagel (R2292) Strawberry Jam (CMS#1690)	Soy Yogurt & Belvita Crackers (R5715-DW, R5716-CB)	Cinnamon Toast Crunch (CMS #1623)	Morning Magic Bagel (R2292) Strawberry Jam (CMS#1690)
	BIC Sites: Put at least 1 serving of the Vegan option in each BIC bag each day.				
Fruit-Fresh (½ c)		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fruit Juice (½ c, 4 oz.)		Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Milk 8 oz.		Milk	Milk	Milk	Milk
LUNCH		LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite</i>		Pepperoni Pizza Wedge (R0730) AND/OR Cheese Pizza Wedge V (R1063)	Chicken Corn Dog (R0920)	Mini Mozzarella Bites with Marinara Sauce (R1153)	Buffalo Popcorn Chicken (R0966) Honey Biscuit (R2638) AND/OR BBQ Popcorn Chicken (R0967) Honey Biscuit (R2638)
Entrée 2 <i>Bowl</i>		BBQ Beef Rib Patty Sandwich with Pickles & Coleslaw (R5705)	Zesty Beef & Cheese Chalupa, Bulk & Tortilla Chips (R5699) & Fresh Salsa (R4613)	Orange Chicken & Broccoli Bowl (R5626)	Beef Birria Bowl (R5762)

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Entrée 3 <i>Vegan</i>		Impossible Burger (R6032) Optional: Fresh Topping*	Chik'n Nuggets (R6021) Artisan Roll (CMS #6068) OR Buffalo Chik'n Nuggets (R6031) Artisan Roll (CMS #6068)	Vegan Teriyaki & Broccoli Rice Bowl (R6049)	Optional: Fresh Topping* for both sandwiches Spicy Chick'n Sandwich (R6051) AND/OR Chik'n Sandwich (R6029)
Entrée 4 <i>Smoothie, Sandwich, OR Salad</i>		Manager's Choice: Smoothie** Granola Cinnamon (CMS #1501) OR Salad** OR Sandwich**	Manager's Choice: Smoothie** Granola Cinnamon (CMS #1501) OR Salad** OR Sandwich**	Manager's Choice: Smoothie** Granola Cinnamon (CMS #1501) OR Salad** OR Sandwich**	Manager's Choice: Smoothie** Granola Cinnamon (CMS #1501) OR Salad** OR Sandwich**
*FRESH TOPPING OPTIONS: SERVE EITHER FRESH PICKLES (R4618) OR FRESH LETTUCE (R4642) OR LETTUCE & TOMATO (R4520)					
Vegetable (½ c)		Café LA Salad (R4576)	Celery Sticks (CMS #3826)	Petite Baby Carrots (CMS #3006)	Café LA Salad (R4576)
Vegetable (½ c)		Roasted Potato Wedges (R4370)	Orange Medley Juice (CMS #1308)	Cooked Edamame (R4596)	Sweet Potato Fries (R4464) (Choice of Sauce)
Fruit (½ c)		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Fruit Juice (½ c, 4 oz.)		Fruit Juice	Fruit Juice	Fruit Juice	Kiwi Strawberry Slush (CMS #2417)
Treat Item	Offer the Chocolate Chip Cookie* (R2641/CMS #2766) once per week as an Extra Treat.				
Milk, 8 oz.		Milk	Milk	Milk	Milk
SUPPER		SUPPER	SUPPER	SUPPER	SUPPER
Entrée 1 Hot OR Cold		Cheesy Pillows V (R1119) OR Turkey Stick (CMS #2065) & Cheese Plank V (CMS #2525) Cheez-It Crackers (CMS #1239) Under 4 Yrs: Cheese Plank, 2 each V Cheez-It Crackers V	Chicken Parmesan Wrap (R5751-DW, R5752-CB) OR Toasted Cheese Sandwich V (R1086-IW, R1131-Scratch)	Fiestada Stuffed Sandwich (Beef & Cheese) (R0159) OR Manager's Choice SUPPER Sandwich**	Longboard Pizza (Chicken & Jalapeno) (R1156) Under 4 Yrs: Toasted Cheese Sandwich V (R1086-IW, R1131-Scratch) OR Turkey Stick (CMS #2065) & Cheese Plank V (CMS #2525) Cheez-It Crackers (CMS #1239) Under 4 Yrs: Cheese Plank, 2 each V Cheez-It Crackers V

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	OPTIONAL Shelf-Stable Meal Kits (NOT for students under 4 years): 1. Beef Stick Meal Kit (CMS #1688) OR 2. Sunbutter & Jelly Meal Kit V (CMS #1683)				
Entrée 2 Vegan	ONLY PROVIDE A VEGAN SUPPER UPON REQUEST. Provide a vegan entrée that is different than what was served for lunch the same day. Entrée Options: 1. Chik'n Nuggets (R6021) & Artisan Roll (CMS #6068) 5. Impossible Burger (R6032) 2. Buffalo Chik'n Nuggets (R6031) & Artisan Roll (CMS #6068) 6. Sunbutter & Strawberry Jelly Sandwich (R1943) 3. Vegan Chik'n Tenders (R6043) & Artisan Roll (CMS #6068) 7. Apple Cinnamon Chickpea & Grape Jelly Sandwich (R1944) 4. Chik'n Sandwich (R6029) 8. Spicy Chick'n Sandwich (R6051)				
Vegetable (½ c)		Paradise Punch Vegetable Juice (CMS #1681)	Petite Baby Carrots (CMS #3006) Under 4 Yrs: Cherry Smooth Cup (CMS #2364)	Berry Berry Blue Slush (CMS #2827)	Celery Sticks (CMS #3826) Under 4 Yrs: Orange Medley Juice (CMS #1308)
Fruit (½ c)		Fresh Fruit	Cherry Lemon Cup (CMS #2981) Under 4 Yrs: Fresh Fruit ONLY apple, orange, pear, banana	Fresh Fruit	Mango Sorbet (CMS #2774) Under 4 Yrs: Fresh Fruit ONLY apple, orange, pear, banana
Milk, 8 oz.		Milk	Milk	Milk	Milk
CONDIMENT		B: Cream Cheese, (CMS #7097-DW, #9043-CB), Strawberry Jam L: Ketchup, Mustard, Choice Dressing, Optional: Liquid Chamoy L,S: Tajin	B: Taco Sauce or Tapatio L: Ketchup, Taco Sauce or Tapatio, BBQ Sauce, Optional: Ranch Dressing, Liquid Chamoy L,S: Mayo, Mustard, Tajin, Optional: Ranch Dressing	L: Sriracha Sauce, Optional: Ranch Dressing, Liquid Chamoy L,S: Tajin S: Taco Sauce or Tapatio	L: BBQ Sauce, Ketchup, Taco Sauce or Tapatio, Choice Dressing, <u>Choice of Sauce:</u> Secret Sauce (R70967), BBQ Ranch (R7080), Cajun Ranch (R7110-CB/R7111-DW), Sriracha Mayo (R7096), Optional: Liquid Chamoy L,S: Mustard, Tajin S: Mayo, Mustard, Optional: Ranch Dressing

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

V = Vegetarian

Milk, 8 oz. – Must serve two choices from the following five (5) options:

Fat-Free	Low-Fat	Fat-Free Lactose Free	Fat-Free Chocolate	Fat-Free Strawberry
NOTE: Flavored Milk (Chocolate & Strawberry) can only be offered for Lunch and Supper for 1 st grade and above.				

Deluxe Cereal Bowl

Cinnamon Toast Crunch (CMS #1623)	Honey Bunches of Oats (CMS #1425)	Honey Cheerios (CMS #1442)
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Fresh Fruit

Apple (CMS#3800)	Banana (CMS #3204) Do not order on Mondays	Orange (CMS #3093)	Nectarine (CMS# 3891)
Peach (CMS #3886)	Pear, Bartlett (CMS#3939)	Plumcot (CMS# 3940)	Pluot (CMS# 3700)
			White Peach (CMS# 3884)

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**MANAGER'S CHOICE OPTIONS FOR LUNCH AND SUPPER		
LUNCH SANDWICHES	1. Toasted Cheese Sandwich (R1086-IW, R1131-Scratch)	3. Tuna Sandwich & Shredded Lettuce Sandwich (5805)
	2. Turkey Breast, Cheese & Shredded Lettuce Sandwich (R5804)	4. Banh Mi Sandwich w/Pickled Carrots & Daikon (R5753)
	OPTIONAL: Fresh Pickles (R4618) & Sliced Tomato (R4650)	
LUNCH SMOOTHIES	1. Strawberry Smoothie (R3329D-DW, R3329C-CB)	3. Mango Smoothie (R3325D-DW, R3325C-CB)
	2. Blueberry Smoothie (R3326D-DW, R3326C-CB)	4. Strawberry Mango Smoothie (R3343-DW, R3344-CB)
LUNCH SALADS	1. Chicken Parmesan Salad (R5710), Cheesy Garlic Breadstick (R2657)	4. Chinese Chicken Salad w/Shredded Chicken (R5709), Hawaiian Roll (CMS #6082)
	2. Cajun Chicken Salad (R5713) & Cajun Ranch Dressing (R7110-CB, R7111-DW), Honey Biscuit (R2638)	5. Chicken Parmesan Wrap, (R5751-DW, R5752-CB)
	3. Crunchy Chef Salad (R5789), Artisan Roll (CMS #6068)	
SUPPER SANDWICHES	1. Toasted Cheese Sandwich (R1086-IW / R1131-Scratch)	3. Tuna Sandwich (R5619)
	2. Turkey Breast & Cheese Sandwich (R0911)	4. Apple Cinnamon Chickpea & Grape Jelly Sandwich V (R1944)
		5. Sunbutter & Strawberry Jelly Sandwich V (R1943)