

Date: 9/12/25

**PREP Grades K-5 LAUSD Breakfast Menu**  
**October 13 – 17, 2025**

	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon French Toast <b>V</b>	Morning Magic Bagel <b>V</b>	<b>NEW/LTO-</b> Turkey Sausage & Pancakes	Hot Honey Chicken Jalapeno Biscuit Sandwich	Café LA Coffee Cake <b>V</b>
Entrée 2	Deluxe Cereal Bowl <b>V</b>	Chocolate Chip Muffin <b>V</b>	Yogurt 4 oz. & Crackers <b>V</b>	Deluxe Cereal Bowl <b>V</b>	Yogurt 4 oz. & Nutri-Grain Bar <b>V</b>
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	Guava & Apple Pastelito	Cinnamon Toast Crunch	Morning Magic Bagel
	<b>BIC Sites:</b> 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, Strawberry Jam	-	-	Strawberry Jam

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

**V** = Vegetarian

**Deluxe Cereal Bowl**

Cinnamon Toast Crunch	Honey Bunches of Oats	Honey Cheerios
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**Fresh Fruit**

Apple Slices, Red	Banana	Grapes
Kiwi	Pear, Bosc	Plum

**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: 9/12/25

## PREP Grades K-5 LAUSD Lunch Menu

October 13 – 17, 2025

### National School Lunch Week

	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>Entrée 1</b> <i>Café LA Favorite</i>	Walking Taco Nachos (Turkey & Cheese) & Pico De Gallo	Pepperoni Pizza Wedge <b>AND/OR</b> Cheese Pizza Wedge <b>V</b> <b>NEW</b> -Optional Pizza Variations: Hawaiian Pizza, Mexican Pizza, Supreme Pizza	BBQ Popcorn Chicken <b>AND/OR</b> Buffalo Popcorn Chicken	Mini Mozzarella Bites with Marinara Sauce <b>V</b>	*Optional: Fresh Topping for both sandwiches  Breaded Chicken Sandwich* <b>AND/OR</b> Spicy Breaded Chicken Sandwich*
<b>Entrée 2</b> <i>Bowl</i>	Beef & Cheese Taquitos & Fresh Salsa	BBQ Beef Rib Patty Sandwich with Pickles & Coleslaw	Cheese Tortellini <b>V</b>	<b>NEW</b> -Beef Bibimbap Bowl	Pork Carnitas Bowl
<b>Entrée 3</b> <i>Vegan</i>	Vegan Chik'n Tenders Artisan Roll	Impossible Burger*  *Optional: Fresh Topping	Chik'n Nuggets Artisan Roll <b>AND/OR</b> Buffalo Chik'n Nuggets Artisan Roll	Vegan Burrito	*Optional: Fresh Topping for both sandwiches  Chik'n Sandwich* <b>AND/OR</b> Spicy Chick'n Sandwich*
<b>*OPTIONAL FRESH TOPPINGS:</b> Fresh Lettuce (R4642) OR Lettuce & Tomato (R4520), and/or Fresh Pickles (R4618)					
<b>Fruit &amp; Veg</b>	<b>Refer to Harvest Bar or Harvest Stand Menu</b>				
<b>Veg. (½ c)</b>	<b>No Hot Veg</b>	Potato Smiles	<b>No Hot Veg</b>	<b>No Hot Veg</b>	Roasted Potato Wedges
<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>	Taco Sauce or Tapatio, BBQ Sauce, Ketchup	Ketchup, Mustard, Ranch	Ketchup, Taco Sauce or Tapatio, BBQ Sauce, Mayo, Mustard	Sriracha Sauce	BBQ Sauce, Ketchup, Taco Sauce or Tapatio Mustard

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

**V** = Vegetarian

**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 1<sup>st</sup> grade and above.

Date: 9/12/25

**PREP Grades K-5 LAUSD Supper Menu**  
**October 13 – 17, 2025**

	Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday 10/16	Friday 10/17
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
<p align="center"><b>⚠️: Shows possible choking hazards or spicy items that may NOT for students under 4 years old.</b>  <b>Refer to Guidelines for Serving Students Under 4 Years Old for substitutes.</b></p>					
<b>Entrée 1</b> <i>Hot AND/OR Cold</i>	Breaded Chicken Nuggets	Chicken, Cheese & Chili Flauta ⚠️	Cheeseburger Sliders	Fiestada Stuffed Sandwich (Beef & Cheese)	Bean & Veggie Taco Crisp Up ⚠️
	Manager's Choice Yogurt Parfait** V Food & Nutrition Crackers V	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich V ⚠️	Turkey Stick ⚠️ & String Cheese ⚠️ Cheez-It Crackers	Manager's Choice SUPPER Sandwich**
	<p align="center"><b>Shelf-Stable Meal Kits require AFSS approval to serve:</b>            1. Beef Stick Meal Kit ⚠️, 2. Turkey Stick Meal Kit ⚠️, <b>OR</b> 3. Sunbutter &amp; Jelly Meal Kit V ⚠️</p>				
<b>Entrée 2</b> <i>Vegan</i>	<p><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>Entrée Options:</b> 1. Chik'n Nuggets &amp; Artisan Roll            2. Buffalo Chik'n Nuggets ⚠️ &amp; Artisan Roll            3. Vegan Chik'n Tenders &amp; Artisan Roll            4. Chik'n Sandwich            5. Impossible Burger            6. Sunbutter &amp; Strawberry Jelly Sandwich ⚠️            7. Apple Cinnamon Chickpea &amp; Grape Jelly Sandwich ⚠️            8. Spicy Chick'n Sandwich ⚠️</p>				
<b>Veg. (½ c)</b>	Tropical Trio Slush	Paradise Punch Vegetable Juice	Celery Sticks ⚠️	Roasted Potato Wedges	Petite Baby Carrots ⚠️
<b>Fruit (½ c)</b>	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Cherry Lemon Cup	Fresh Fruit ⚠️	Frozen Tangerine Juice Cup
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	Ketchup, Mayo, Mustard, Tajin	Tajin	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.



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

<b>SANDWICHES</b>	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich V ⚠️ 2. Toasted Cheese Sandwich V 3. Turkey Breast & Cheese Sandwich	4. Tuna Sandwich 5. Sunbutter & Strawberry Jelly Sandwich V ⚠️
<b>PARFAITS</b>	1. Blueberry Parfait V	1. Mango Parfait V 2. Strawberry Parfait V

Fresh Fruit

Date: 9/12/25

Apple Slices, Red	Banana	Grapes 
Kiwi	Pear, Bosc	Plum 

**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>				