

Date: 9/4/25

PREP Grades K-5 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 K-5 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 Cafe LA Burger* (R0090) AND/OR Cafe LA Cheeseburger* (R0128)	Zesty Beef & Cheese Chalupa, Bulk & Tortilla Chips (R5699) & Fresh Salsa (R4613)	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge V 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) AND/OR Turkey Breast & Cheese Sandwich* (R0911) *Optional: Fresh Topping	Beef & Cheese Burrito (R0145) & Fresh Salsa (R4613)	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)
*OPTIONAL FRESH TOPPINGS: <i>Fresh Lettuce (R4642) OR Lettuce & Tomato (R4520), and/or Fresh Pickles (R4618)</i>					
Fruit & Veg.	Refer to Harvest Bar or Harvest Stand Menu				
Vegetable (½ c)	No Hot Veg	No Hot Veg	Roasted Potato Wedges (R4370)	Street Corn (R4530)	No Hot Veg
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	BBQ Sauce, Ketchup, Mayo, Mustard, Ranch	Ketchup, Mayo, Mustard, Secret Sauce (R7097), Ranch	Taco Sauce or Tapatio, Secret Sauce (R7079)	Sriracha Sauce, Ketchup

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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: <ul style="list-style-type: none">• 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 K-5 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



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

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