

Date: 8/25/25

PREP Grades K-5 LAUSD Breakfast Menu
October 6 - 10, 2025

	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon Pan Dulce V	Morning Beef Sausage Sandwich	Guava & Apple Pastelito V	Ham & Cheese Croissant	Cinnamon Roll V
Entrée 2	Deluxe Cereal Bowl V	Buttery Maple Waffle V	Yogurt 4 oz. & Crackers V	Deluxe Cereal Bowl V	Yogurt 4 oz. & Nutri-Grain Bar V
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	Guava & Apple Pastelito	Cinnamon Toast Crunch	Morning Magic Bagel
	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	Honey Bunches of Oats	Honey Cheerios
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Fresh Fruit

Apple	Apple Slices, Green	Banana	Grapes
Kiwi	Orange	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: 8/25/25

PREP Grades K-5 LAUSD Lunch Menu October 6 - 10, 2025					
	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite</i>	All Star Turkey Hot Dog	Chicken Drumstick & Mashed Potato Honey Biscuit	*Optional: Fresh Topping for all burgers Cafe LA Burger* AND/OR Cafe LA Cheeseburger*	Zesty Beef & Cheese Chalupa & Tortilla Chips & Fresh Salsa	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge V
Entrée 2	Beef & Cheese Burrito & Fresh Salsa	Mac N Cheese V AND/OR Turkey Breast & Cheese Sandwich* *Optional: Fresh Topping	Arroz Con Pollo	Breaded Cheese Fish Wedges	Orange Chicken & Broccoli Rice Bowl
Entree 3 <i>Vegan</i>	Vegan Burrito	*Optional: Fresh Topping for both sandwiches Chik'n Sandwich* AND/OR Spicy Chick'n Sandwich*	Impossible Burger* *Optional: Fresh Topping	Bean & Veggie Taco Crisp Up)	Vegan Teriyaki & Broccoli Rice Bowl
*OPTIONAL FRESH TOPPINGS: <i>Fresh Lettuce OR Lettuce & Tomato, and/or Fresh Pickles</i>					
Fruit & Veg.	Refer to Harvest Bar or Harvest Stand Menu				
Vegetable (½ c)	No Hot Veg	No Hot Veg	Roasted Potato Wedges	Street Corn	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	Ketchup, Mayo, Mustard, Secret Sauce	Taco Sauce or Tapatio	Sriracha Sauce, Ketchup

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 1st grade and above.

Date: 8/25/25

PREP Grades K-5 LAUSD Supper Menu October 6 - 10, 2025					
	Monday 10/6	Tuesday 10/7	Wednesday 10/8	Thursday 10/9	Friday 10/10
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 for substitutes.					
Entrée 1 <i>Hot AND/OR Cold</i>	Breaded Chicken Sandwich AND/OR Spicy Breaded Chicken Sandwich ⚠️	Bean & Cheese Pupusa V	NEW- Pepperoni Pizza Croissant (<i>Beef</i>) Optional: Marinara Sauce	Toasted Cheese Sandwich V	Taco Bean & Cheese Dip with Tortilla Chips V ⚠️
	Manager's Choice Yogurt Parfait** V Food & Nutrition Crackers V	Manager's Choice SUPPER Sandwich**	Chicken Parmesan Wrap	Turkey Stick ⚠️ & String Cheese ⚠️ Cheez-It Crackers	Manager's Choice SUPPER Sandwich**
	Shelf-Stable Meal Kits require AFSS approval to serve: 1. Beef Stick Meal Kit ⚠️, 2. Turkey Stick Meal Kit ⚠️, OR 3. Sunbutter & Jelly Meal Kit V ⚠️				
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. Entrée Options: 1. Chik'n Nuggets (R6021) & Artisan Roll 2. Buffalo Chik'n Nuggets ⚠️ & Artisan Roll 3. Vegan Chik'n Tenders & Artisan Roll 4. Chik'n Sandwich 5. Impossible Burger 6. Sunbutter & Strawberry Jelly Sandwich ⚠️ 7. Apple Cinnamon Chickpea & Grape Jelly Sandwich ⚠️ 8. Spicy Chick'n Sandwich ⚠️				
Vegetable (½ c)	Cherry Smooth Cup	Potato Smiles	Celery Sticks ⚠️	Paradise Punch Vegetable Juice	Petite Baby Carrots ⚠️
Fruit (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	NEW- Frozen Tangerine Juice Cup	Fresh Fruit ⚠️	Strawberry Creamsicle
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	BBQ Sauce, Ketchup, Mayo, Mustard, Tajin	Taco Sauce or Tapatio, Mayo Mustard, Ketchup, Tajin	Tajin, <u>Optional:</u> Ranch	Tajin	Mayo, Mustard, Tajin, <u>Optional:</u> Ranch




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**MANAGER'S CHOICE OPTIONS FOR SUPPER	
SANDWICHES	1. Toasted Cheese Sandwich V 2. Turkey Breast & Cheese Sandwich 3. Tuna Sandwich
PARFAITS	1. Blueberry Parfait V (R1690-DW, R1691-CB) 2. Strawberry Parfait V 1. Mango Parfait V (R1692-DW, R1693-CB) 2. Strawberry Parfait V

Date: 8/25/25

Fresh Fruit

Apple	Apple Slices, Green	Banana	Grapes 
Kiwi	Orange 	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
<p>Milk Service Guidelines:</p> <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.				