

Date: 9/12/25

PREP Grades K-6 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 V | Morning Magic Bagel V | NEW/LTO- Turkey Sausage & Pancakes | Hot Honey Chicken Jalapeno Biscuit Sandwich | Café LA Coffee Cake V |
| Entrée 2 | Deluxe Cereal Bowl V | Chocolate Chip Muffin 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 | - | 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 |
|-----------------------|-----------------------|----------------|

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 |
|----------|---------|-----------------------|

Date: 9/12/25

PREP Grades K-6 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 |
| Entrée 1 <i>Café LA Favorite</i> | Walking Taco Nachos (Turkey & Cheese) & Pico De Gallo | Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge V NEW -Optional Pizza Variations: Hawaiian Pizza, Mexican Pizza, Supreme Pizza | BBQ Popcorn Chicken AND/OR Buffalo Popcorn Chicken | Mini Mozzarella Bites with Marinara Sauce V | *Optional: Fresh Topping for both sandwiches Breaded Chicken Sandwich* AND/OR Spicy Breaded Chicken Sandwich* |
| Entrée 2 <i>Bowl</i> | Beef & Cheese Taquitos & Fresh Salsa | BBQ Beef Rib Patty Sandwich with Pickles & Coleslaw | Cheese Tortellini V | NEW -Beef Bibimbap Bowl | Pork Carnitas Bowl |
| Entrée 3 <i>Vegan</i> | Vegan Chik'n Tenders Artisan Roll | Impossible Burger* *Optional: Fresh Topping | Chik'n Nuggets Artisan Roll AND/OR Buffalo Chik'n Nuggets Artisan Roll | Vegan Burrito | *Optional: Fresh Topping for both sandwiches Chik'n Sandwich* AND/OR Spicy Chick'n Sandwich* |
| *OPTIONAL FRESH TOPPINGS: Fresh Lettuce (R4642) OR Lettuce & Tomato (R4520), and/or Fresh Pickles (R4618) | | | | | |
| Fruit & Veg | Refer to Harvest Bar or Harvest Stand Menu | | | | |
| Veg. (½ c) | No Hot Veg | Potato Smiles | No Hot Veg | No Hot Veg | Roasted Potato Wedges |
| 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 | 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 |
|----------|---------|-----------------------|--------------------|---------------------|

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: 9/12/25

PREP Grades K-6 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">⚠️: Shows possible choking hazards or spicy items that may 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 | 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">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 ⚠️</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 & 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 ⚠️</p> | | | | |
| Veg. (½ c) | Tropical Trio Slush | Paradise Punch Vegetable Juice | Celery Sticks ⚠️ | Roasted Potato Wedges | Petite Baby Carrots ⚠️ |
| Fruit (½ c) | Fresh Fruit ⚠️ | Fresh Fruit ⚠️ | Cherry Lemon Cup | Fresh Fruit ⚠️ | Frozen Tangerine Juice Cup |
| Milk (8 oz.) | Milk | Milk | Milk | Milk | Milk |
| Condiments | 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.

V = Vegetarian

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

| | | |
|-------------------|--|---|
| SANDWICHES | 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 ⚠️ |
| PARFAITS | 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 |
| Milk Service Guidelines: <ul style="list-style-type: none">At least one (1) unflavored milk must always be offeredFlavored milk (i.e., chocolate & strawberry) can only be offered to students in 1st grade and above. | | | | |