

Date: 9/4/25

PREP Grades K-6 LAUSD Breakfast Menu
October 27 – 31, 2025

	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon French Toast V (R2222)	Morning Magic Bagel V (R2292)	LTO- Turkey Sausage & Pancake Bites (R5818)	Hot Honey Chicken Jalapeno Biscuit Sandwich (R0975)	Café LA Coffee Cake V (CMS #2773, R2245)
Entrée 2	Deluxe Cereal Bowl V	Chocolate Chip Muffin V (CMS #2029, R2646)	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 <i>Vegan</i>	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 <i>Vegan</i>	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, (CMS #7097-DW, #9043-CB), Strawberry Jam	Taco Sauce or Tapatio	-	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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PREP Grades K-6 LAUSD Lunch Menu
October 27 – 31, 2025

	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite</i>	Walking Taco Nachos (Turkey & Cheese) & Pico De Gallo (R5708)	Pepperoni Pizza Wedge (R0730) AND/OR Cheese Pizza Wedge V (R1063) Optional Pizza Variations: Hawaiian Pizza (R1125), Mexican (R1154), Supreme Pizza (R1155)	Chicken Corn Dog (R0920)	Mini Mozzarella Bites with Marinara Sauce (R1153)	*Optional: Fresh Topping for both sandwiches Breaded Chicken Sandwich* (R0210) AND/OR Spicy Breaded Chicken Sandwich* (R0206)
Entrée 2 <i>Bowl</i>	Beef & Cheese Taquitos (R0167) & Fresh Salsa (R4613)	BBQ Beef Rib Patty Sandwich with Pickles & Coleslaw (R5705)	Chicken Alfredo Pasta (R5734)	Orange Chicken & Rice Bowl (R5593)	NEW - Beef Birria Burrito (R0198) Optional: Consume (R7117)
Entrée 3 <i>Vegan</i>	Vegan Chik'n Tenders (R6043) Artisan Roll (CMS #6068, R2183)	Impossible Burger* (R6032) *Optional: Fresh Topping	Chik'n Nuggets (R6021) Artisan Roll (CMS #6068, R2183) OR Buffalo Chik'n Nuggets (R6031) Artisan Roll (CMS #6068, R2183)	Vegan Teriyaki & Carrot Rice Bowl (R6041)	*Optional: Fresh Topping for both sandwiches Chik'n Sandwich* (R6029) AND/OR Spicy Chick'n Sandwich* (R6051)
*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				
Vegetable (½ c)	No Hot Veg	Roasted Potato Wedges (R4370)	No Hot Veg	No Hot Veg	Roasted Potato Wedges (R4370)
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Treat Item	Offer the Pumpkin Spice Cookie (R2650/CMS #2612) once this 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

Date: 9/4/25

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-6 LAUSD Supper Menu
October 27 – 31, 2025

	Monday 10/27	Tuesday 10/28	Wednesday 10/29	Thursday 10/30	Friday 10/31
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
<p align="center">⚠️: Shows possible choking hazards or spicy items 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 (R0953)	Chicken, Cheese & Chili Flauta ⚠️ (R0978)	Cheeseburger Sliders (R0137)	Fiestada Stuffed Sandwich (Beef & Cheese) (R0159)	Bean & Veggie Taco Crisp Up ⚠️ (R1958)
	Manager's Choice Yogurt Parfait** ✓ Food & Nutrition Crackers ✓ (CMS #1590, R2428)	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich ✓ ⚠️ (R1943)	Turkey Stick ⚠️ (CMS #2065, R0759) & String Cheese ⚠️ (CMS #2902, R1047) Cheez-It Crackers (CMS #1239, R2410)	Manager's Choice SUPPER Sandwich**
	<p align="center">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 ✓ ⚠️ (CMS #1683, R5797)</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 (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)</p>				
Vegetable (½ c)	Tropical Trio Slush (CMS #2665, R4524)	Golden State Juice (CMS #1485, R4666)	Celery Sticks ⚠️ (CMS #3826, R4658)	Roasted Potato Wedges (R4370)	Petite Baby Carrots ⚠️ (CMS #3006, R4010)
Fruit (½ c)	Fresh Fruit	Fresh Fruit	Cherry Lemon Cup (CMS #2981, R3852)	Fresh Fruit	Frozen Tangerine Juice Cup (CMS #2871, R3856)
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	Ketchup, Mayo, Mustard, Tajin	Tajin	Tajin, <u>Optional</u> : Ranch	Taco Sauce or Tapatio, Tajin	Tajin, <u>Optional</u> : Ranch

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

SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich ✓ ⚠️ 2. Toasted Cheese Sandwich ✓ (R1086-IW, R1159-Scratch) 3. Turkey Breast & Cheese Sandwich (R1163)	4. Tuna Sandwich (R5619) 5. Sunbutter & Strawberry Jelly Sandwich ✓ ⚠️
PARFAITS	1. Blueberry Parfait ✓ (R1690-DW, R1691-CB)	1. Mango Parfait ✓ (R1692-DW, R1693-CB) 2. Strawberry Parfait ✓ (R1694-DW, R1695-CB)

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