

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) |
|--|--|-----------------------------------|

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

Date: 9/4/25

**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>⚠️: 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** V Food & Nutrition Crackers V (CMS #1590, R2428) | Manager's Choice SUPPER Sandwich** | Sunbutter & Strawberry Jelly Sandwich V ⚠️ (R1943) | Turkey Stick ⚠️ (CMS #2065, R0759) & String Cheese ⚠️ (CMS #2902, R1047) Cheez-It Crackers (CMS #1239, R2410) | Manager's Choice SUPPER Sandwich** |
| | <p>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)</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 <i>(½ c)</i> | 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 <i>(½ c)</i> | 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 |

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

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

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

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Fresh Fruit

| | | |
|--------------------------------------|-------------------------------|--------------------------------|
| Apple Slices, Red (CMS #3935, R3346) | Banana (CMS #3204, R3005) | Grapes (U4) (CMS #3176, R3268) |
| Kiwi (CMS #3846, R3288) | Pear, Bosc (CMS #3938, R3373) | Plum (U4) (CMS # 3522, R3152) |

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:

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- Flavored milk (i.e., chocolate & strawberry) can only be offered to students in 1st grade and above.