

Date: 6/17/25

**PREP SUMMER MENU: GRADES K-6**  
**BREAKFAST, LUNCH, SUPPER**  
**JULY 21 – 25, 2025**

|                                                        | <b>MONDAY<br/>7/21</b>                                                                                                                                                                    | <b>TUESDAY<br/>7/22</b>                                      | <b>WEDNESDAY<br/>7/23</b>                                             | <b>THURSDAY<br/>7/24</b>                       | <b>FRIDAY<br/>7/25</b>                                                                                                                              |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                        | <b>BREAKFAST</b>                                                                                                                                                                          | <b>BREAKFAST</b>                                             | <b>BREAKFAST</b>                                                      | <b>BREAKFAST</b>                               | <b>BREAKFAST</b>                                                                                                                                    |
| <b>Entrée 1</b>                                        | Buttery Maple Waffle <b>V</b><br>(R2259)                                                                                                                                                  | Morning Magic Bagel <b>V</b><br>(R2292)                      | Morning Beef Sausage<br>Sandwich (R0108)                              | Ham & Cheese Croissant<br>(R0628)              | Oat Crumble Coffee Cake <b>V</b><br>(CMS #2054)                                                                                                     |
| <b>Entrée 2</b>                                        | Deluxe Cereal Bowl <b>V</b>                                                                                                                                                               | Nutri-Grain Bar & Yogurt <b>V</b><br>(R5721-DW, R5722-CB)    | Deluxe Cereal Bowl <b>V</b>                                           | Chocolate Chip Muffin <b>V</b><br>(CMS #2029)  | Yogurt 4 oz. & Crackers <b>V</b><br>(R5617-DW, R5618-CB)                                                                                            |
| <b>Entrée 3<br/>Vegan</b>                              | <b>ONLY PROVIDE A VEGAN MEAL UPON REQUEST. Offer any of the two options daily:</b><br>1. Cinnamon Toast Crunch (CMS #1623)      2. Morning Magic Bagel (R2292), Strawberry Jam (CMS#1690) |                                                              |                                                                       |                                                |                                                                                                                                                     |
| <b>Fruit (½ c)</b>                                     | Fresh Fruit                                                                                                                                                                               | Fresh Fruit                                                  | Fresh Fruit                                                           | Fresh Fruit                                    | Fresh Fruit                                                                                                                                         |
| <b>Fruit Juice<br/>(½ c, 4 oz.)</b>                    | Fruit Juice                                                                                                                                                                               | Fruit Juice                                                  | Fruit Juice                                                           | Fruit Juice                                    | Fruit Juice                                                                                                                                         |
| <b>Milk, 8 oz.</b>                                     | Milk                                                                                                                                                                                      | Milk                                                         | Milk                                                                  | Milk                                           | Milk                                                                                                                                                |
| <b>Condiments</b>                                      |                                                                                                                                                                                           | Cream Cheese (CMS #7097-<br>DW, #9043-CB), Strawberry<br>Jam |                                                                       |                                                |                                                                                                                                                     |
| <b>LUNCH</b>                                           | <b>LUNCH</b>                                                                                                                                                                              | <b>LUNCH</b>                                                 | <b>LUNCH</b>                                                          | <b>LUNCH</b>                                   | <b>LUNCH</b>                                                                                                                                        |
| <b>Entrée 1<br/>Café LA<br/>Favorite &amp;<br/>RAP</b> | Bean & Cheese Chile Burrito<br><b>V</b> (R1955)<br>Optional: Fresh Salsa<br>(R4613)                                                                                                       | Chicken Drumstick (R0974)<br>Artisan Roll (CMS #6068)        | Beef & Cheese Taquitos<br>(R0167)<br>Optional: Fresh Salsa<br>(R4613) | All Star Turkey Hot Dog<br>(R0584)             | Optional: Fresh Topping*<br>for sandwiches<br><br>Spicy Breaded Chicken<br>Sandwich (R0907)<br><b>AND/OR</b><br>Breaded Chicken Sandwich<br>(R0958) |
| <b>Entrée 2</b>                                        | Cheese Pizza Wedge <b>V</b><br>(R1063)                                                                                                                                                    | Spicy Taco Stick (R0195)<br>Optional: Fresh Salsa<br>(R4613) | Café LA Burger (R0090)<br>Optional: Fresh Topping*                    | Orange Chicken & Broccoli<br>Rice Bowl (R5626) | Bean & Cheese Tamale<br>(R1951)<br>Optional: Fresh Salsa (R4613)                                                                                    |
|                                                        | <b>OPTIONAL VEGAN ENTREE – PROVIDE UPON STUDENT REQUEST</b>                                                                                                                               |                                                              |                                                                       |                                                |                                                                                                                                                     |

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| <b>Entrée 3</b><br><i>Vegan</i>                                                                   | Vegan Chik’n Tenders (R6043)<br>Artisan Roll (CMS #6068)                                                                                                                                                                                                                           | Sunbutter & Strawberry Jelly Sandwich (CMS #2978)<br><b>OR</b> Cinnamon Apple Chickpea & Jelly Sandwich (CMS #2006) | Chik’n Nuggets (R6021)<br>Artisan Roll (CMS #6068)<br><b>AND/OR</b><br>Buffalo Chik’n Nuggets (R6031)<br>Artisan Roll (CMS #6068) | Vegan Teriyaki & Broccoli Rice Bowl (R6049)        | Optional: Fresh Topping* for sandwiches<br>Spicy Chick’n Sandwich (R6051)<br><b>AND/OR</b><br>Chik’n Sandwich (R6029)                                                                          |
| <b>OPTIONAL Quick Serve</b>                                                                       | May be served from regular service area or cart. Do if this option meets your operational needs.<br>Lunch Entree 1, 2, or a Field Trip meal may be used for this option.                                                                                                           |                                                                                                                     |                                                                                                                                   |                                                    |                                                                                                                                                                                                |
| <b>*FRESH TOPPING OPTIONS: SERVE EITHER FRESH LETTUCE (R4642) OR LETTUCE &amp; TOMATO (R4520)</b> |                                                                                                                                                                                                                                                                                    |                                                                                                                     |                                                                                                                                   |                                                    |                                                                                                                                                                                                |
| <b>Vegetable</b><br>(½ c)                                                                         | Petite Baby Carrots (CMS #3006)                                                                                                                                                                                                                                                    | Sweet Corn (R4097)                                                                                                  | Café LA Salad (R4576)                                                                                                             | Cucumber Coins (R4478)                             | Sweet Potato Fries (R4464)<br>(Choice of Sauce)                                                                                                                                                |
| <b>Vegetable</b><br>(½ c)                                                                         | Cherry Smooth Cup (CMS #2364)                                                                                                                                                                                                                                                      | Cucumber Coins (R4478)                                                                                              | Orange Medley Juice (CMS #1308)                                                                                                   | Cooked Edamame (R4596)                             | Café LA Salad (R4576)                                                                                                                                                                          |
| <b>Fruit</b> (½ c)                                                                                | Fresh Fruit                                                                                                                                                                                                                                                                        | Fresh Fruit                                                                                                         | Fresh Fruit                                                                                                                       | Fresh Fruit                                        | Fresh Fruit<br><b>OR</b> Kiwi Strawberry Slush (CMS #2417)                                                                                                                                     |
| <b>Treat Item</b>                                                                                 | Offer the Chocolate Chip Cookie (R2641/CMS #2766) once a week as an Extra Treat.                                                                                                                                                                                                   |                                                                                                                     |                                                                                                                                   |                                                    |                                                                                                                                                                                                |
| <b>Milk, 8 oz.</b>                                                                                | Milk                                                                                                                                                                                                                                                                               | Milk                                                                                                                | Milk                                                                                                                              | Milk                                               | Milk                                                                                                                                                                                           |
| <b>Condiments</b>                                                                                 | Taco Sauce or Tapatio, BBQ Sauce, Ketchup, Tajin, Optional: Ranch                                                                                                                                                                                                                  | BBQ Sauce, Taco Sauce or Tapatio, Tajin, Optional: Ranch                                                            | Taco Sauce or Tapatio, Ketchup, Mustard, Mayo, BBQ Sauce, Tajin, <u>Choice Dressing</u> : Ranch, Asian, or Caesar                 | Ketchup, Mustard, Sriracha, Tajin, Optional: Ranch | Ketchup, Mustard, Mayo, BBQ Sauce, Tajin, <u>Choice Dressing</u> : Ranch, Asian, or Caesar, <u>Choice of Sauce</u> : BBQ Ranch (R7080), Cajun Ranch (R7110-CB/R7111-DW), Sriracha Mayo (R7079) |
|                                                                                                   | <b>SUPPER</b>                                                                                                                                                                                                                                                                      | <b>SUPPER</b>                                                                                                       | <b>SUPPER</b>                                                                                                                     | <b>SUPPER</b>                                      | <b>SUPPER</b>                                                                                                                                                                                  |
| <b>Entrée 1</b>                                                                                   | Sunbutter & Strawberry Jelly Sandwich (CMS #2978)                                                                                                                                                                                                                                  | Turkey Breast & Cheese Sandwich (R0911)                                                                             | Beef Stick Meal Kit (CMS #1688)                                                                                                   | Chicken Parmesan Wrap (R5751-DW, R5752-CB)         | Turkey Stick (CMS #2065) & Cheese Plank (CMS #2525)<br>Cheez-It Crackers (CMS #1239)                                                                                                           |
| <b>Entrée 2</b><br><i>Vegan</i>                                                                   | <b>ONLY PROVIDE A VEGAN SUPPER UPON REQUEST.</b> Provide a vegan entrée that is <b>different</b> than what was served for lunch the same day.<br><b>Entrée Options:</b> 1. Sunbutter & Strawberry Jelly Sandwich (R1943) 2. Apple Cinnamon Chickpea & Grape Jelly Sandwich (R1944) |                                                                                                                     |                                                                                                                                   |                                                    |                                                                                                                                                                                                |
| <b>Vegetable</b><br>(½ c)                                                                         | Paradise Punch Vegetable Juice (CMS #1681)                                                                                                                                                                                                                                         | Petite Baby Carrots (CMS #3006)                                                                                     | <i>Vegetable in Kit</i>                                                                                                           | Berry Berry Blue Slush (CMS #2827)                 | Petite Baby Carrots (CMS #3006)                                                                                                                                                                |

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|                    |             |                                          |                        |                              |                        |
|--------------------|-------------|------------------------------------------|------------------------|------------------------------|------------------------|
| <b>Fruit (½ c)</b> | Fresh Fruit | Fresh Fruit                              | <i>Fruit in Kit</i>    | Fresh Fruit                  | Fresh Fruit            |
| <b>Milk, 8 oz.</b> | Milk        | Milk                                     | Milk                   | Milk                         | Milk                   |
| <b>Condiments</b>  | Tajin       | Mayo, Mustard, Tajin,<br>Optional: Ranch | Tajin, Optional: Ranch | Taco Sauce or Tapatio, Tajin | Tajin, Optional: Ranch |

| FIELD TRIP LUNCH MENU                                             |                                                                                                                                                                                                         |                                                                                                                                                       |
|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| ENTRÉE OPTIONS                                                    |                                                                                                                                                                                                         |                                                                                                                                                       |
| <b>ENTRÉE Option 1</b><br>Turkey Breast & Cheese Sandwich (R0911) | <b>ENTRÉE Option 2</b><br>Cheese Sandwich <b>V</b> (R1008)                                                                                                                                              | <b>ENTRÉE Option 3 - VEGAN</b><br>Sunbutter & Strawberry Jelly Sandwich (CMS #2978)<br><b>OR</b> Cinnamon Apple Chickpea & Jelly Sandwich (CMS #2006) |
| OFFER ALL BELOW WITH EACH ENTRÉE OPTION                           |                                                                                                                                                                                                         |                                                                                                                                                       |
| FRUITS (1 c)                                                      | VEGETABLE (1 c)                                                                                                                                                                                         | MILK, 8oz.                                                                                                                                            |
| Fresh Fruit, 2 Each Fresh Fruits                                  | Petite Baby Carrots (CMS #3006), 1, 2.5 oz. Pkg. <b>OR</b><br>Celery Sticks (CMS #3826), 1 Pkg<br><b>AND</b><br>Paradise Punch Vegetable Juice (CMS #1681) <b>OR</b><br>Orange Medley Juice (CMS #1308) | See List Below                                                                                                                                        |

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

**V** = Vegetarian

**Milk:** Must serve two choices from the following options.

|                      |                     |                                   |                                |
|----------------------|---------------------|-----------------------------------|--------------------------------|
| Fat-Free Milk (8 oz) | Low-Fat Milk (8 oz) | Fat-Free Lactose Free Milk (8 oz) | Fat-Free Chocolate Milk (8 oz) |
|----------------------|---------------------|-----------------------------------|--------------------------------|

**Deluxe Cereal Bowl**

|                                   |                                   |                            |
|-----------------------------------|-----------------------------------|----------------------------|
| Cinnamon Toast Crunch (CMS #1623) | Honey Bunches of Oats (CMS #1425) | Honey Cheerios (CMS #1442) |
|-----------------------------------|-----------------------------------|----------------------------|

**Fresh Fruit**

|                      |                                                   |                     |                         |
|----------------------|---------------------------------------------------|---------------------|-------------------------|
| Nectarine (CMS#3891) | Plums (CMS# 3522)                                 | Plumcot (CMS# 3940) | Peach (CMS #3886)       |
| Pluot (CMS# 3700)    | Banana (CMS #3204) <b>Do not order on Mondays</b> |                     | White Peach (CMS# 3884) |

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