

Date: 8/13/25

PREP Grades K-5 LAUSD Breakfast Menu
September 22 - 26, 2025

	Monday 9/22	Tuesday 9/23 UNASSIGNED DAY	Wednesday 9/24	Thursday 9/25	Friday 9/26
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon Pan Dulce V		Guava & Apple Pastelito V	Morning Beef Sausage Sandwich	Cinnamon Roll V
Entrée 2	Deluxe Cereal Bowl V		Yogurt 4 oz. & Crackers V	Deluxe Cereal Bowl V	Nutri-Grain Bar & Yogurt V
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch		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
Fruit Juice (½ c, 4 oz.)	Fruit Juice		Fruit Juice	Fruit Juice	Fruit Juice
Milk (8 oz.)	Milk		Milk	Milk	Milk
Condiments	-		-	-	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, Red	Banana - Do not order on Mondays		Grapes
Orange	Pear, Bartlett	Plum	Plumcot	Pluot

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: 8/13/25

PREP Grades K-5 LAUSD Lunch Menu September 22 - 26, 2025					
	Monday 9/22	Tuesday 9/23 UNASSIGNED DAY	Wednesday 9/24	Thursday 9/25	Friday 9/26
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite</i>	All Star Turkey Hot Dog		*Optional: Fresh Topping for all burgers Cafe LA Burger* AND/OR Cafe LA Cheeseburger*	Zesty Beef & Cheese Chalupa, Bulk & Tortilla Chips & Fresh Salsa	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge V
Entrée 2	Beef & Cheese Taquitos & Fresh Salsa		Arroz Con Pollo	BBQ Popcorn Chicken AND/OR Buffalo Popcorn Chicken	Beef Teriyaki Dippers & Carrot Rice Bowl
Entree 3 <i>Vegan</i>	Vegan Chik'n Tenders Artisan Roll		Impossible Burger* *Optional: Fresh Topping	Bean & Veggie Taco Crisp Up	Vegan Teriyaki & Carrot 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		Roasted Potato Wedges	Street Corn	Roasted Potato Wedges
Milk (8 oz.)	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, Secret Sauce, Taco Sauce or Tapatio, Tajin	Taco Sauce or Tapatio, Ketchup	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
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: 8/13/25

PREP Grades K-5 LAUSD Supper Menu
September 22 - 26, 2025

	Monday 9/22	Tuesday 9/23 UNASSIGNED DAY	Wednesday 9/24	Thursday 9/25	Friday 9/26
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 to select appropriate substitutes.					
Entrée 1 <i>Hot AND/OR Cold</i>	Bean & Cheese Pupusa V		Toasted Cheese Sandwich V	Breaded Chicken Sandwich AND/OR Spicy Breaded Chicken Sandwich ⚠️	Taco Bean & Cheese Dip with Tortilla Chips V ⚠️
	Manager's Choice Yogurt Parfait** V Food & Nutrition Crackers V		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 & 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 Chik'n Sandwich ⚠️				
Vegetable (½ c)	Cherry Smooth Cup		Petite Baby Carrots ⚠️	Paradise Punch Vegetable Juice	Celery Sticks ⚠️
Fruit (½ c)	Fresh Fruit ⚠️		Frozen Watermelon Juice Cup	Fresh Fruit ⚠️	Strawberry Creamsicle
Milk (8 oz.)	Milk		Milk	Milk	Milk
Condiments	Taco Sauce or Tapatio, Tajin		Tajin, <u>Optional</u> : Ranch	BBQ Sauce, Ketchup, Mayo, Mustard, Tajin	Taco Sauce or Tapatio, Mayo, Mustard, 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 3. Turkey Breast & Cheese Sandwich	4. Tuna Sandwich 5. Sunbutter & Strawberry Jelly Sandwich V ⚠️
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PARFAITS	1. Blueberry Parfait V	2. Mango Parfait V 3. Strawberry Parfait V
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Fresh Fruit

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Orange	Pear, Bartlett	Plum	Plumcot	Pluot

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.