

Date: 8/13/25

PREP Grades K-5 LAUSD Breakfast Menu
September 29 – October 3, 2025

	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2 UNASSIGNED DAY	Friday 10/3
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST		BREAKFAST
Entrée 1	Cinnamon French Toast V	Morning Magic Bagel V	LTO- Tortilla Omelet Optional: Fresh Salsa		Café LA Coffee Cake V
Entrée 2	Deluxe Cereal Bowl V	Chocolate Chip Muffin V	Yogurt 4 oz. & Crackers V		4 oz. Yogurt & Nutri-Grain Bar V
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	Guava & Apple Pastelito		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	-	Cream Cheese, 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	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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PREP Grades K-5 LAUSD Lunch Menu
September 29 – October 3, 2025

	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2 UNASSIGNED DAY	Friday 10/3
LUNCH	LUNCH	LUNCH	LUNCH		LUNCH
Entrée 1 <i>Café LA Favorite</i>	Walking Taco Nachos (Turkey & Cheese) & Pico De Gallo	Chicken Corn Dog	Mini Mozzarella Bites with Marinara Sauce		*Optional: Fresh Topping for both sandwiches Breaded Chicken Sandwich* AND/OR Spicy Breaded Chicken Sandwich*
Entrée 2 <i>Bowl</i>	Beef & Cheese Burrito & Fresh Salsa	Chicken Alfredo Pasta	LTO- Pork Chop Sandwich & Fresh Pickles		Beef Birria Bowl
Entrée 3 <i>Vegan</i>	Vegan Burrito	Impossible Burger* *Optional: Fresh Topping	Chik'n Nuggets Artisan Roll OR Buffalo Chik'n Nuggets Artisan Roll		*Optional: Fresh Topping for both sandwiches Chik'n Sandwich* AND/OR Spicy Chik'n Sandwich*
*OPTIONAL FRESH TOPPINGS: <i>Fresh Lettuce OR Lettuce & Tomato, and/or Fresh Pickles</i>					
Fruit & Veg.	Refer to the Harvest Stand Menu				
Vegetable (½ c)	No Hot Veg	Potato Smiles	No Hot Veg		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	Taco Sauce or Tapatio	Ketchup, Mustard	BBQ Sauce, Ketchup, Mayo, Mustard		BBQ Sauce, Ketchup, Mayo, Mustard, Taco Sauce or Tapatio

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

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Fresh Fruit

Apple	Apple Slices, Red	Banana - Do not order on Mondays		Grapes
Orange	Pear, Bartlett	Plum	Plumcot	Pluot

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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.				

PREP Grades K-5 LAUSD Supper Menu
September 29 – October 3, 2025

	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2 UNASSIGNED DAY	Friday 10/3
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 substitutes.					
Entrée 1 <i>Hot AND/OR Cold</i>	Cheesy Pillows V	Chicken, Cheese & Chili Flauta ⚠️	Cheeseburger Sliders		Bean & Veggie Taco Crisp Up ⚠️
	Manager's Choice Yogurt Parfait** V Food & Nutrition Crackers	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich ⚠️ OR Apple Cinn Chickpea & Jelly Sandwich ⚠️		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 different 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)	Berry Berry Blue Slush	Paradise Punch Vegetable Juice	Petite Baby Carrots ⚠️		Celery Sticks ⚠️
Fruit (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Cherry Lemon Cup		Frozen Watermelon Juice
Milk (8 oz.)	Milk	Milk	Milk		Milk
Condiments	Tajin	Taco Sauce or Tapatio, Mayo, Mustard, Tajin	Ketchup, Mayo, Mustard, Tajin, <u>Optional:</u> Ranch		Taco Sauce or Tapatio, Mayo, Mustard, Tajin, <u>Optional:</u> Ranch

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

SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich V ⚠️ 2. Toasted Cheese Sandwich V	4. Tuna Sandwich 5. Sunbutter & Strawberry Jelly Sandwich V ⚠️
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	3. Turkey Breast & Cheese Sandwich		
PARFAITS	1. Blueberry Parfait V	2. Mango Parfait V	3. Strawberry Parfait V

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	Fat-Free Chocolate	Fat-Free Strawberry
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