

Date: 8/6/25

PREP Grades K-5 LAUSD Breakfast Menu
September 8 - 12, 2025

	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon Pan Dulce V	Morning Beef Sausage Sandwich	NEW- Guava & Apple Pastelito V	Ham & Cheese Croissant	Cinnamon Roll V
Entrée 2	Deluxe Cereal Bowl V	Buttery Maple Waffle V	Yogurt 4 oz. & Crackers V	Deluxe Cereal Bowl V	Yogurt 4 oz. & Nutri-Grain Bar V
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	NEW- 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	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	-	Strawberry Jam	-	-	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 8 - 12, 2025					
	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite</i>	All Star Turkey Hot Dog	Chicken Drumstick & Mashed Potato Honey Biscuit	*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	Mac N Cheese V AND/OR Turkey Breast & Cheese Sandwich* *Optional: Fresh Topping	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	*Optional: Fresh Topping for both sandwiches Chik'n Sandwich* AND/OR Spicy Chik'n Sandwich*	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	No Hot Veg	Roasted Potato Wedges	Street Corn	Roasted Potato Wedges
Milk (8 oz.)	Milk	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	BBQ Sauce, Ketchup, Mayo, Mustard	Ketchup, Mayo, Mustard, Secret Sauce, Taco Sauce or Tapatio	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: <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. 				

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PREP Grades K-5 LAUSD Supper Menu September 8 - 12, 2025					
	Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
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 <i>Guidelines for Serving Students Under 4</i> to select substitutes.					
Entrée 1 <i>Hot</i> AND/OR <i>Cold</i>	Bean & Cheese Pupusa V	Longboard Pizza ⚠️ (Chicken & Jalapeno)	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 Strawberry Graham Crackers	Manager's Choice SUPPER Sandwich**	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 different than what was served for lunch the same day. Entrée Options: <div> 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 ⚠️ </div>				
Vegetable (½ c)	Cherry Smooth Cup	Potato Smiles	Petite Baby Carrots ⚠️	Paradise Punch Vegetable Juice	Celery Sticks ⚠️
Fruit (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Frozen Watermelon Juice Cup	Fresh Fruit ⚠️	Strawberry Creamsicle
Milk (8 oz.)	Milk	Milk	Milk	Milk	Milk
Condiments	Taco Sauce or Tapatio, Tajin	Mayo, Mustard, Ketchup, Tajin	Tajin, <u>Optional</u> : Ranch	BBQ Sauce, Ketchup, Mayo, Mustard, Tajin	Taco Sauce or Tapatio, Mayo, Mustard, Tajin, <u>Optional</u> : Ranch

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**MANAGER'S CHOICE OPTIONS	
SANDWICHES	1. Apple Cinnamon Chickpea & Grape Jelly Sandwich V ⚠️ 2. Toasted Cheese Sandwich V 3. Turkey Breast & Cheese Sandwich 4. Turkey Steak & Cheese Sandwich 5. Tuna Sandwich 6. Sunbutter & Strawberry Jelly Sandwich V ⚠️
PARFAITS	1. Blueberry Parfait V 2. Mango Parfait V

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	3. Strawberry Parfait V
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Fresh Fruit

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