

Date: 8/13/25

**PREP Grades 6-8 LAUSD Breakfast Menu
September 15 – 19, 2025**

	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Entrée 1	Cinnamon French Toast V	Morning Magic Bagel V	NEW/LTO- Tortilla Omelet Optional: Fresh Salsa	Hot Honey Chicken Jalapeno Biscuit Sandwich	Café LA Coffee Cake V
Entrée 2	Deluxe Cereal Bowl V	Chocolate Chip Muffin V	Yogurt 4 oz. & Crackers V	Deluxe Cereal Bowl V	Nutri-Grain Bar & Yogurt V
Entrée 3 <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	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	-	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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Date: 8/13/25

PREP Grades 6-8 LAUSD Lunch Menu September 15 – 19, 2025					
	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Entrée 1 <i>Café LA Favorite</i>	Walking Taco Nachos (Turkey & Cheese) & Pico De Gallo	Chicken Corn Dog	Pepperoni Pizza Wedge AND/OR Cheese Pizza Wedge V	Mini Mozzarella Bites with Marinara Sauce V	Optional: Fresh Topping* for both sandwiches Breaded Chicken Sandwich* AND/OR Spicy Breaded Chicken Sandwich*
Entrée 2 <i>Bowl</i>	Bean & Cheese Chile Burrito V & Fresh Salsa	Cheese Tortellini V Artisan Roll	NEW/LTO- Pork Chop Sandwich & Fresh Pickles	Orange Chicken & Broccoli Rice Bowl	Pork Carnitas Bowl (R5814)
Entrée 3 <i>Vegan</i>	Vegan Burrito	Impossible Burger* *Optional: Fresh Topping	Chik'n Nuggets Artisan Roll AND/OR Buffalo Chik'n Nuggets Artisan Roll	Vegan Teriyaki & Broccoli Rice Bowl	Optional: Fresh Topping* for both sandwiches Chik'n Sandwich* AND/OR Spicy Chik'n Sandwich*
Entrée 4 <i>Salad, Sandwich, OR ♦ Smoothie</i>	<u>Manager's Choice:</u> Salad** OR Sandwich** OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** OR Sandwich** OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** OR Sandwich** OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** OR Sandwich** OR ♦ Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** OR Sandwich** OR ♦ Smoothie** Granola Cinnamon
*OPTIONAL FRESH TOPPINGS: <i>Fresh Lettuce OR Lettuce & Tomato, and/or Fresh Pickles</i>					
Farmer's Harvest	September's Farmer's Harvest items: Persian Cucumbers (CMS #2081, R4635) & Organic Gala Apples (CMS #2019, R3305). <i>Items are auto shipped weekly by the Foods Warehouse. Serve any day as additional fruit and vegetable options.</i> Adjust your produce orders accordingly.				
Vegetable (½ c)	Petite Baby Carrots	Café LA Salad	Celery Sticks	Petite Baby Carrots	Café LA Salad
Vegetable (½ c)	Cherry Smooth Cup	Potato Smiles	Orange Medley Juice	Cooked Edamame	Crinkle Cut Sweet Potato Fries
Fruit (½ c)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit OR ♦ Kiwi Strawberry Slush
♦: DO NOT serve fruit juice or frozen fruit juice cup/slush when serving Smoothies as the Entree 4 Option. Serve a second Fresh Fruit option in place of juice when smoothies are served.					
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.				

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Condiments	Taco Sauce or Tapatio, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy	Ketchup, Mustard, Ranch, Tajin, <u>Optional</u> : Liquid Chamoy	BBQ Sauce, Ketchup, Mayo, Mustard, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy	Sriracha Sauce, Tajin, <u>Optional</u> : Ranch, Liquid Chamoy	BBQ Sauce, Ketchup, Mayo, Mustard, Taco Sauce or Tapatio, Ranch, Tajin, <u>Sweet Potato Fries Sauce Choices</u> : Secret Sauce, Ranch, BBQ Ranch, Cajun Ranch, Sriracha Mayo, <u>Optional</u> : Liquid Chamoy
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All the Grain/Bread items served are whole grain rich.

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**MANAGER'S CHOICE OPTIONS FOR LUNCH	
SANDWICHES	<div> 1. Toasted Cheese Sandwich V 2. Turkey Breast, Cheese & Shredded Lettuce Sandwich OPTIONAL: Fresh Pickles OR Sliced Tomato </div> <div> 4. Tuna Sandwich & Shredded Lettuce Sandwich 5. Chicken Parmesan Wrap </div>
SMOOTHIES	<div> 1. Strawberry Smoothie V 2. Blueberry Smoothie V </div> <div> 3. Mango Smoothie V 4. Strawberry Mango Smoothie V </div>
SALADS	<div> 1. Chicken Parmesan Salad & Caesar Dressing, Cheesy Garlic Breadstick 2. Cajun Chicken Salad & Cajun Ranch Dressing, Honey Biscuit </div> <div> 3. Crunchy Chef Salad & Ranch Dressing, Artisan Roll 4. Chinese Chicken Salad w/Shredded Chicken & Asian Dressing, Hawaiian Roll </div>

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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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 6-8 Supper Menu
September 15 – 19, 2025

	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
<p>⚠️: Shows possible choking hazards or spicy items that may not be served to students under 4 years old. Refer to the <i>Guidelines for Serving Students Under 4 Years Old</i> to select appropriate substitutes.</p>					
Entrée 1 <i>Hot AND/OR Cold</i>	Cheesy Pillows V	Chicken, Cheese & Chili Flauta ⚠️	Cheeseburger Sliders	Fiestada Stuffed Sandwich (Beef & Cheese)	Bean & Veggie Taco Crisp Up ⚠️
	Manager's Choice Yogurt Parfait** V Food & Nutrition Crackers V	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich ⚠️ OR Apple Cinn Chickpea & Jelly Sandwich ⚠️	Turkey Stick ⚠️ & String Cheese ⚠️ Cheez-It Crackers	Manager's Choice SUPPER Sandwich**
	<p style="text-align: center;">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 ⚠️</p>				
Entrée 2 <i>Vegan</i>	<p>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 ⚠️</p>				
Vegetable (½ c)	Berry Berry Blue Slush	Paradise Punch Vegetable Juice	Petite Baby Carrots ⚠️	Roasted Potato Wedges	Celery Sticks ⚠️
Fruit (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Cherry Lemon Cup	Fresh Fruit ⚠️	Frozen Watermelon Juice Cup
Milk (8 oz.)	Milk	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, Ketchup, 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 ⚠️
PARFAITS	1. Blueberry Parfait V	2. Mango Parfait V 3. Strawberry Parfait V

Fresh Fruit

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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
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.				