

Date: 8/13/25

**PREP Grades 9-12 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
<b>Entrée 1</b>	Cinnamon French Toast <b>V</b>	Morning Magic Bagel <b>V</b>	<b>NEW/LTO-</b> Tortilla Omelet Optional: Fresh Salsa	Hot Honey Chicken Jalapeno Biscuit Sandwich	Café LA Coffee Cake <b>V</b>
<b>Entrée 2</b>	Deluxe Cereal Bowl <b>V</b>	Chocolate Chip Muffin <b>V</b>	Yogurt 4 oz. & Crackers <b>V</b>	Deluxe Cereal Bowl <b>V</b>	Nutri-Grain Bar & Yogurt <b>V</b>
<b>Entrée 3</b> <i>Vegan</i>	Cinnamon Toast Crunch	Morning Magic Bagel	Guava & Apple Pastelito	Cinnamon Toast Crunch	Morning Magic Bagel
	<b>BIC Sites:</b> Put at least 1 serving of the Vegan option in each BIC bag each day.				
<b>Fruit (½ c)</b>	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Fruit Juice</b> <b>(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, 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 - <b>Do not order on Mondays</b>	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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<b>PREP Grades 9-12 LAUSD Lunch Menu</b> <b>September 15 – 19, 2025</b>					
	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>Entrée 1</b> <i>Café LA Favorite</i>	Walking Taco Nachos (Turkey & Cheese) & Pico De Gallo	Chicken Corn Dog	Pepperoni Pizza Wedge <b>AND/OR</b> Cheese Pizza Wedge <b>V</b>	Mini Mozzarella Bites with Marinara Sauce <b>V</b>	Optional: Fresh Topping* for both sandwiches  Breaded Chicken Sandwich* <b>AND/OR</b> Spicy Breaded Chicken Sandwich*
<b>Entrée 2</b> <i>Bowl</i>	Bean & Cheese Chile Burrito <b>V</b> & Fresh Salsa	Cheese Tortellini <b>V</b> Artisan Roll	<b>NEW/LTO-</b> Pork Chop Sandwich & Fresh Pickles	Orange Chicken & Broccoli Rice Bowl	Pork Carnitas Bowl
<b>Entrée 3</b> <i>Vegan</i>	Vegan Burrito (R6015)	Impossible Burger* *Optional: Fresh Topping	Chik'n Nuggets Artisan Roll <b>AND/OR</b> Buffalo Chik'n Nuggets Artisan Roll	Vegan Teriyaki & Broccoli Rice Bowl (R6049)	*Optional: Fresh Topping for both sandwiches  Chik'n Sandwich* <b>AND/OR</b> Spicy Chik'n Sandwich*
<b>Entrée 4</b> <i>Salad, Sandwich, OR ♦ Smoothie</i>	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR ♦</b> Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR ♦</b> Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR ♦</b> Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR ♦</b> Smoothie** Granola Cinnamon	<u>Manager's Choice:</u> Salad** <b>OR</b> Sandwich** <b>OR ♦</b> Smoothie** Granola Cinnamon
<b>*OPTIONAL FRESH TOPPINGS:</b> <i>Fresh Lettuce OR Lettuce &amp; Tomato, and/or Fresh Pickles</i>					
<b>Farmer's Harvest</b>	<b>September's Farmer's Harvest items: Persian Cucumbers (CMS #2081, R4635) &amp; Organic Gala Apples (CMS #2019, R3305).</b> <i>Items are auto-shipped weekly by the Foods Warehouse. Serve any day as additional fruit and vegetable options.</i> <b>Adjust your produce orders accordingly.</b>				
<b>Vegetable</b> (½ c)	Petite Baby Carrots	Café LA Salad	Celery Sticks	Petite Baby Carrots	Café LA Salad
<b>Vegetable</b> (½ c)	Cherry Smooth Cup	Potato Smiles	Orange Medley Juice	Cooked Edamame	Crinkle Cut Sweet Potato Fries
<b>Fruit</b> (½ c)	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
<b>Fruit Juice</b> (½ c, 4 oz.)	♦ Fruit Juice	♦ Fruit Juice	♦ Fruit Juice	♦ Fruit Juice	♦ Kiwi Strawberry Slush
<b>♦: DO NOT serve fruit juice or frozen fruit juice cup/slush when serving Smoothies as the Entree 4 Option.</b> <b>Serve a second Fresh Fruit option in place of juice when smoothies are served.</b>					
<b>Milk</b> (8 oz.)	Milk	Milk	Milk	Milk	Milk
<b>Treat Item</b>	Offer the Chocolate Chip Cookie (R2641/CMS #2766) once per week as an Extra Treat.				

Date: 8/13/25

<b>Condiments</b>	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> : Ranch, Liquid Chamoy
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All the Grain/Bread items served are whole grain rich.

**V** = Vegetarian

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

**Fresh Fruit**

Apple	Apple Slices, Red	Banana - <b>Do not order on Mondays</b>	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
<b>Milk Service Guidelines:</b> <ul style="list-style-type: none"> <li>At least one (1) unflavored milk must always be offered</li> <li>Flavored milk (i.e., chocolate &amp; strawberry) can only be offered to students in 1<sup>st</sup> grade and above.</li> </ul>				

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<b>PREP Grades 9-12 LAUSD Supper Menu</b> <b>September 15 – 19, 2025</b>					
	Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
SUPPER	SUPPER	SUPPER	SUPPER	SUPPER	SUPPER
<b>⚠️: Shows possible choking hazards or spicy items that may not be served to students under 4 years old.</b> <b>Refer to Guidelines for Serving Students Under 4 Years Old to select appropriate substitutes.</b>					
<b>Entrée 1</b> <i>Hot</i> <b>AND/OR</b> <i>Cold</i>	Cheesy Pillows <b>V</b>	Chicken, Cheese & Chili Flauta ⚠️	Cheeseburger Sliders	Fiestada Stuffed Sandwich (Beef & Cheese)	Bean & Veggie Taco Crisp Up ⚠️
	Manager's Choice Yogurt Parfait** <b>V</b> Food & Nutrition Crackers <b>V</b>	Manager's Choice SUPPER Sandwich**	Sunbutter & Strawberry Jelly Sandwich <b>V</b> ⚠️ <b>OR</b> Apple Cinn Chickpea & Jelly Sandwich <b>V</b> ⚠️	Turkey Stick ⚠️ & String Cheese ⚠️ Cheez-It Crackers	Manager's Choice SUPPER Sandwich**
	<b>Shelf-Stable Meal Kits require AFSS approval to serve:</b> 1. Beef Stick Meal Kit ⚠️, 2. Turkey Stick Meal Kit ⚠️, <b>OR</b> 3. Sunbutter & Jelly Meal Kit <b>V</b> ⚠️				
<b>Entrée 2</b> <i>Vegan</i>	<b>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.</b> <b>Entrée Options:</b> 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 ⚠️				
<b>Vegetable</b> (½ c)	Berry Berry Blue Slush	Paradise Punch Vegetable Juice	Petite Baby Carrots ⚠️	Roasted Potato Wedges	Celery Sticks ⚠️
<b>Fruit</b> (½ c)	Fresh Fruit ⚠️	Fresh Fruit ⚠️	Cherry Lemon Cup	Fresh Fruit ⚠️	Frozen Watermelon Juice Cup
<b>Milk (8 oz.)</b>	Milk	Milk	Milk	Milk	Milk
<b>Condiments</b>	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.

**V** = Vegetarian

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

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Fresh Fruit

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

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