

Date: 8/13/25

PREP Grades K-6 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
-----------------------	-----------------------	----------------

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
----------	---------	-----------------------

Date: 8/13/25

PREP Grades K-6 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 (R1153)	*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	Cheese Tortellini V	NEW/LTO- Pork Chop Sandwich & Fresh Pickles	Orange Chicken & Broccoli Rice Bowl	Pork Carnitas Bowl
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*
*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	Potato Smiles	No Hot Veg	No Hot Veg	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	Taco Sauce or Tapatio,	Ketchup, Mustard	BBQ Sauce, Ketchup, Mayo, Mustard	Sriracha Sauce	BBQ Sauce, Ketchup, Mayo, Mustard, Taco Sauce or Tapatio

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. 				

Date: 8/13/25

PREP Grades K-6 LAUSD 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
⚠️: 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 Years Old</i> to select appropriate substitutes.					
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**
	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 ⚠️	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.

V = Vegetarian

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

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

Date: 8/13/25

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
----------	---------	-----------------------	--------------------	---------------------

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.