

SCHOOL YEAR 2024-2025

Choking Hazard Guidelines for Students Under 4 Years Old

Food Service Managers: If you are following the “Elementary K-5th Menu” for students under age 4, please follow the choking hazard guidelines below and provide an allowed substitute for any choking hazards on the menu.

If following the “Education Center (EEC)/CSPP Menu,” it has no choking hazards. However, if sent a substitution for an item on the menu, please verify the item is allowed and provide the appropriate sub if needed using the list below. EEC/CSPP Centers, **fruit juice and vegetable juice may not be served at the same meal.**

Please contact the Nutrition Specialist for your region if you have any questions.

NORTH – Bobbie Diamond, bobbie.diamond@lausd.net EAST – Kim Nguyen, duyen.nguyen@lausd.net

SOUTH – Kayley Drain, kayley.drain@lausd.net WEST – Ivy Marx, ivy.marx@lausd.net

FRUITS	
NON-ALLOWABLE MENU ITEM	SUBSTITUTE
<u>FRUIT</u> FRESH FRUIT – GRAPES, ALL KINDS FRESH FRUIT – *NECTARINE (CMS#3891) FRESH FRUIT – *PEACH (CMS#3886) FRESH FRUIT – *PLUM (CMS#3522) FRESH FRUIT – *PLUOT (CMS#3700) *STONE FRUITS with a pit are OK to serve if the pit is removed before the students eat them.	<u>FRUIT</u> ASIAN PEAR (CMS#3703) BANANA (CMS #3204) APPLE, WHOLE APPLE SLICES (CMS #3293) CANNED FRUITS APPLESAUCE (CMS #1575/R3038) MIXED FRUIT CUP (CMS #1309) MIXED FRUIT MEDLEY (CMS#1933/R3087) PERFECT PEARS (CMS #1962/R3212) PEACHY PEACHES (CMS #1922/#1931/R3292/R3162) KWI ORANGE (CMS #3093) PEAR, WHOLE PERSIMMON (CMS#3266) TANGERINE <u>FRUIT JUICE</u> APPLE JUICE 4 OZ. ORANGE JUICE 4 OZ. WILDBERRY JUICE 4 OZ. (Driftwood) VERY BERRY JUICE 4 OZ. (Clearbrook) <u>FROZEN FRUIT JUICE</u> STRAWBERRY KIWI SLUSH (CMS #2417) CHERRY LEMON CUP (CMS #2981) FROZEN TANGERINE JUICE CUP (CMS #2871) FROZEN WATERMELON JUICE CUP (CMS #2182) FROZEN STRAWBERRY CREAMSICLE-SIDEKICKS (CMS #2861) MANGO SORBET (CMS #2774) RASPBERRY PASSION FRUIT SLUSH (CMS #2472)

VEGETABLES	
NON-ALLOWABLE MENU ITEM	SUBSTITUTE
PETITE BABY CARROTS IW (CMS #3006) RAINBOW BABY CARROTS, FRESH (CMS# 2612) SWEET CORN (CMS #2959/R4097/R4124N-NNC) JICAMA STICK (IW) (CMS#3205) JICAMA STICKS (1/2 CUP) (R4583/R4595N) EDAMAME (CMS#2569, R4596/R4597N) VEGETABLE CRUNCHIES (CMS #1707) CAFE LA SALAD (R4576/R4580N) (OK to serve if cherry/grape tomato removed) CELERY STICKS IW (CMS #3826) CUCUMBER COINS (CMS#3257) PICKLES TATER TOTS	CARROTS, BABY, COOKED (CMS #3888, R4374/R4430N) BROCCOLI, COOKED (R4278/R4475N) POTATOES CREAMY MASHED POTATOES (CMS #1614/ R4515) THICK CUT FRIES (CMS #2649,R4518/R4519N) POTATO WEDGES, ROASTED (CMS #2545, R4370/R4404N) HUMMUS CUP (CMS #1374) FIESTA PINTO BEANS (R1912/R1927N) LETTUCE, FRESH (CMS#3368) LETTUCE & TOMATO SANDWICH SET-UP (R4520/R4578N) SWEET POTATO, COOKED VEGETABLES CUT INTO STRIPS LIKE CARROTS <u>VEGETABLE JUICE</u> ORANGE MEDLEY VEG JUICE (CMS #1308) PARADISE PUNCH VEG JUICE (CMS #1681) TROPICAL TRIO VEG SLUSH (CMS #2665) BERRY BERRY BLUE VEG SLUSH (CMS #2827) CHERRY SMOOTH CUP (#2364)
<u>GRAIN</u> GRANOLA, CINNAMON, IND. 2 OZ BAG (1501) OR ANY BULK GRANOLA TORTILLA CHIPS	<u>GRAIN</u> ANY CRACKER ON THE EEC SNACK MENU

ENTREES	
NON-ALLOWABLE MENU ITEM	SUBSTITUTE
<u>ENTREE - BREAKFAST</u> CHOCOLATE GRANOLA CEREAL (CMS #1366)	<u>ENTREE</u> HONEY CHEERIOS CEREAL (CMS #1442) CINNAMON CHEX CEREAL (CMS #1625)

DELUXE CEREAL, HONEY BUNCHES OF OATS, CMS#1425 GRANOLA, CINNAMON, IND. 2 OZ BAG (1501) <u>ENTREE –LUNCH</u> ALL STAR TURKEY HOT DOG (R0584/R0585N) APPLE CINNAMON CHICKPEA BUTTER & JELLY SANDWICH (CMS#2006) BANH MI SANDWICH V2 OR V3 (R4630/R7096) BBQ CHICKEN WINGS (R5719/R5720N) BBQ POPCORN CHICKEN (R0967) BEEF & CHEESE TACO CRISPUPS (R0193/R0194N) BEEF & CHEESE TAQUITOS (R0167/R0167CO, R0168N) BUFFALO CHICKEN WINGS (R0957/R0957CO/R0961N) BUFFALO POPCORN CHICKEN (R0966) CAJUN CHICKEN SALAD (R5713/R5714N) CHICKEN CORN DOG (R0920) CHICKEN DRUMSTICK (R0596N/R0595) CHICKEN PARMESAN SALAD (R5710/R5712N) CHICKEN PARMESAN WRAP (R5751-DW/R5752-CB) CHICKEN, MASHED POTATO, CORN & GRAVY BOWL (R5718/R5731N) CHINESE CHICKEN SALAD V2 (R5709/R5711N) CHINESE VEGAN CHIK'N SALAD (PREP) (R6039/R6040N) GRANOLA, CINNAMON, IND. 2 OZ BAG (CMS #1501) MINI MOZZARELLA BITES W/MARINARA SAUCE (R1153) ORANGE CHICKEN VEGGIE FRIED RICE (R5761N) POPCORN CHICKEN W/ CHEESY GRITS & ROLL (R5749) SUNBUTTER & JELLY SANDWICH (CMS#2807) TACO BEAN & CHEESE DIP W/TORTILLA CHIPS (R1948) TURKEY STICK, SMOKEHOUSE (CMS#2625) TURKEY STICK MEAL KIT (CMS#1435) WALKING TACO NACHOS (BULK CHIPS) (R5708/R5708CO) ZESTY BEEF CHALUPA (BULK) & TORTILLA CHIPS (R5699/R5699CO) ZESTY BEEF CHALUPA (IW) (R0123/R0123CO) POPCORN CHICKEN & RICE (R5748N)	CINNAMON TOAST CRUNCH (CMS #1623) REFER TO LUNCH EEC MENUS CHEESE PLANK (CMS #2525) TUNA POUCH (CMS #1382) HUMMUS CUP (CMS #1374) YOGURT
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