

Guidelines for Serving Students Under 4 Years Old

(Addresses Choking Hazards and Spicy Food)

Food Service Managers: Please follow the guidelines below and provide an allowed substitute for any choking hazards, spicy foods, or other items not allowed on the menu that are not suitable for students under 4 years old for safety or regulatory compliance.

Sites with EEC, CSPP, or PALS Programs:

1. Juice:
 - Fruit juice and vegetable juice may not be served at the same meal
 - Juice of any kind (includes slushes, frozen juice cups, and frozen juice bars) may only be served once a day, including snack.
2. Grain-Based Desserts: These are not allowed and include items such as coffee cake, pan dulce, cinnamon roll, or chocolate chip muffin.
3. Substitutions: The *Early Education Center (EEC)/CSPP/PALS Menu* has no choking hazards or grain-based desserts. 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.
4. Substitutes (Allowed Items) Column Below: Please note that these items may be on the menu at different times during the year. Only select items in this column when they are on the menu.

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 ITEMS	SUBSTITUTES (ALLOWABLE ITEMS)
FRESH FRUIT Grapes, All Kinds Stone Fruits: <ul style="list-style-type: none"> • Nectarine* • Peach* • White Peach* • Plum* • Pluot* • Plumcot* Oranges, Valencia <ul style="list-style-type: none"> • It has many seeds and usually in season June-August) STRAWBERRIES, WHOLE <ul style="list-style-type: none"> • OK to serve if each berry is cut into 4 pieces. *STONE FRUITS with Pit - OK to serve if pit removed.	FRESH FRUIT Apple, Whole (CMS #3800/R3084) Apple Slices, Red (CMS #3935/R3346) Apple Slices, Green (CMS #3417/R3001) Asian Pear (CMS#3703) Banana (CMS #3204/R3005) Kiwi (CMS #3846/R3288) Orange, Navel Pear, Whole (CMS #3939/R3004) Persimmon (CMS#3266) Strawberries, Sliced into 4 Pieces (R3345) Tangerine (CMS #3198/R3277) CANNED FRUITS Applesauce (CMS #1575/R3347, CMS #1908/R3038) Applesauce Cup (CMS #1919/R3038) Mixed Fruit Cup (CMS #1737/R3371, CMS #1705/R3372) Mixed Fruit Medley (CMS#1933/R3289)

	<p>Peachy Peaches, Diced (CMS #1387/R3292)</p> <p>Perfect Pears (CMS #1962/R)</p> <p>ANY CANNED FRUIT WITHOUT SEEDS and THICK SKINS</p> <p><u>FRUIT JUICE</u></p> <p>Any allowed, including but not limited to the following:</p> <p>Apple Juice, 4 oz. (CMS #7060/R3801-DW, CMS #9054/R849-CB)</p> <p>Orange Juice, 4 oz. (CMS #7064/R3800-DW, CMS #9055/R3805-CB)</p> <p>Wildberry Juice, 4 oz. (Driftwood) (CMS #7062/R3804-DW)</p> <p>Very Berry Juice, 4 oz. (Clearbrook) (CMS #9056/R3851-CB)</p> <p><u>FROZEN FRUIT JUICE/SLUSHES</u></p> <p>An allowed, including but not limited to the following:</p> <p>Berry Berry Fruit Slush (CMS #2827/ R4656)</p> <p>Strawberry Kiwi Slush (CMS #2417/R3832)</p> <p>Raspberry Fruit Slush (CMS #2472)</p> <p>Mango Sorbet (CMS #2774)</p> <p>Cherry Lemon Cup (CMS #2981/R3852)</p> <p>Frozen Watermelon Juice Cup (CMS #2182/R3848)</p> <p>Strawberry Creamsicle (CMS #2861/R3853)</p>
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VEGETABLES	
NON-ALLOWABLE MENU ITEMS	SUBSTITUTES (ALLOWABLE ITEMS)
<p>Broccoli Buds, Raw</p> <p>Café LA Salad (R4576/R4580N)</p> <ul style="list-style-type: none"> • OK to serve if cherry/grape tomato removed <p>Carrot, Raw – ANY KIND</p> <p>Including but not limited to baby, petite, rainbow, coins</p> <p>Celery Sticks, IW (CMS #3826)</p> <p>Coleslaw Mix, Shredded</p> <p>Corn – ANY KIND</p> <p>Cucumber Coins, BUT OK IF each coin is cut into 4 pieces.</p> <p>Edamame</p> <p>Fresh Pickles</p> <p>Fresh Salsa (R4613)</p> <p>Garbanzo Beans</p> <p>Jicama Sticks</p> <p>Kale - Any raw including Cabbage/Kale Blends</p> <p>Persian Cucumbers – ANY KIND</p> <p>Pico de Gallo (R5708)</p> <p>Tater Tots</p> <p>Tomato, Grape</p> <p>Tomato, Cherry</p> <p>Vegetable Crunchies</p>	<p>Carrots, Baby Cooked (R4374/R4430N)</p> <p>Crinkle Cut Sweet Potato Fries (R4659)</p> <p>Broccoli, Cooked (R4278/R4475N)</p> <p>Fiesta Pino Beans (R1912/R1927N)</p> <p>Lettuce Fresh (CMS#3368)</p> <p>Lettuce & Tomato, Sandwich Set-Up (R4520/R4578N)</p> <p>Potatoes:</p> <ul style="list-style-type: none"> • Creamy Mashed Potatoes (CMS #1614, R4515) • Thick Cut Fries (R4518/R4519N) • Potato Wedges, Roasted (R4370/R4404N) • Potato Smiles (R4176/R4177N) <p>Romaine Mix Salad (R4210/R4334N)</p> <p>Hummus, any kind including cup (CMS #1374)</p> <p>Sweet Potato (R8977)</p> <p><u>VEGETABLE JUICE</u></p> <p>Any allowed, including but not limited to the following:</p> <p>Orange Medley Juice (CMS #1308, R4521)</p> <p>Paradise Punch Veg Juice (CMS #1681, R4657)</p> <p>Tropical Trio Vegetable Slush (CMS #2665, R4524/R4524N)</p> <p>Berry Berry Vegetable Slush (CMS #2827, R4565)</p> <p>Cherry Smooth Cup (#2364, R4463)</p> <p>Golden State Juice (CMS #1485)</p>
GRAINS	
NON-ALLOWABLE MENU ITEM	SUBSTITUTES (ALLOWABLE ITEMS)
<p>Granola – ANY KIND</p> <p>Chips – ANY KIND, INCLUDING TORTILLA</p> <p>Croutons</p>	<p>Cracker Options:</p> <ul style="list-style-type: none"> • Strawberry Graham Crackers (CMS #1449, R2446) • Food & Nutrition Crackers (CMS #1590) • Belvita Cinnamon Crackers (CMS #1447, R2445)

ENTREES – BREAKFAST

NON-ALLOWABLE MENU ITEMS	SUBSTITUTES (ALLOWABLE ITEMS)
<u>ENTREE - BREAKFAST</u> Deluxe Cereal, Honey Bunches of Oats Hot Honey Chicken Jalapeno Biscuit Sandwich <u>Grain-Based Desserts:</u> <ul style="list-style-type: none"> Coffee Cake Chocolate Chip Muffin Cinnamon Roll Guava Apple Pastelito Pan Dulce Nutri-Grain Bar ANY ITEM THAT IS GRAIN-BASED DESSERT AND NOT LISTED HERE. Verify with your NS before serving. 	<u>ENTREE</u> Cinnamon Toast Crunch (CMS #1623/R2437) Honey Cheerios Cereal (CMS #1442/R2449) OFFER ANY BREAKFAST ITEM ON THE EEC/CSPP/PALS MENU

ENTREES - LUNCH

NON-ALLOWABLE MENU ITEMS	SUBSTITUTES (ALLOWABLE ITEMS)
<u>ENTREE –LUNCH</u> Apple Cinn Chickpea & Grape Jelly Sandwich Any Hot Dog/Sausage containing Items: <ul style="list-style-type: none"> All Star Turkey Hot Dog Corn Dog Bean & Cheese Chile Burrito (R1955, R1954N) Bean & Veggie Taco CrispUps (R1953) Beef Birria Bowl, EEC (R5775/R5775N) Beef & Cheese Taquitos (R0167/R0167CO, R0168N) Cajun Chicken Salad (R5713/R5714N) Cheese Tortellini V (R5787) Chicken Drumstick Chicken Parmesan Salad Chicken Parmesan Wrap Chinese Chicken Salad Crunchy Chef Salad Mini Mozzarella Bites with Marinara Popcorn Chicken – ANY kind or flavor or vegan Pork Carnitas Bowl - (OK if Pico de Gallo removed) SPICY ENTREES – Including any having the word “spicy” in the name and the following but limited to: <ul style="list-style-type: none"> Spicy Breaded Chicken Sandwich Spicy Chick’n Sandwich, Spicy Taco Stick Sunbutter & Strawberry Jelly OR Jelly Sandwich Taco Bean & Cheese Dip w/Tortilla Chips Turkey Stick, Smokehouse Walking Taco Nachos Zesty Beef Chalupa	Breaded Chicken Nuggets (R0956N) Mac N Cheese V (R1149N) Cafe LA Burger* (R0091N) Cafe LA Cheeseburger* (R0164N) Toasted Cheese Sandwich V (R1086N) Beef Teriyaki Dippers & Carrots Rice Bowl (R5696N) Cheeseburger Sliders (R0137N) BBQ Beef Rib Sandwich (R0172N) Deep Dish Pepperoni Pizza IW (R1134N) Cheese Pizza Wedge V (R1120N) Orange Chicken & Broccoli Rice Bowl (R5634N) Breaded Chicken Sandwich (R0955N) Turkey Breast & Cheese Sub* (R0968N) Turkey Breast Sandwich, 1/2 (R0976) Turkey Breast & Cheese Sandwich (R0911) Arroz Con Pollo (R5783) Pepperoni Pizza Wedge (R0730) Cheese Pizza Wedge V (R1063) OFFER THE NON-SPICY VERSION OF THE ENTREE OR SELECT OTHER ENTREE ON THE MENU <i>CAN SERVE ANY SUPPER ENTREES LISTED BELOW FOR LUNCH</i>

ENTREES - SUPPER

NON-ALLOWABLE MENU ITEMS	SUBSTITUTES (ALLOWABLE ITEMS)
ENTREE - SUPPER Bean & Veggie Taco Crisp Up Buffalo Chik'n Nuggets, Artisan Roll Chicken, Cheese & Chili Flauta Longboard Pizza Meal Kits: <ul style="list-style-type: none"> • Beef Stick Meal Kit • Turkey Stick Meal Kit • Sunbutter & Jelly Meal Kit Spicy Breaded Chicken Sandwich Spicy Chick'n Sandwich Spicy Taco Stick Sandwiches: <ul style="list-style-type: none"> • Sunbutter & Strawberry Jelly Sandwich • Apple Cinn Chickpea & Grape Jelly Sandwich Taco Bean & Cheese Dip with Tortilla Chips Three Bean Vegan Chili, Tortilla Chips Turkey Stick Buffalo Ranch Turkey Stick & String Cheese	ENTREE Cheesy Pillows ▼ (R1119) Chicken Parmesan Wrap (R5751-DW, R5752-CB) Bean & Cheese Pupusa ▼ (R1078/R1080N) Beef & Cheese Burrito (R0145/R0145N) Breaded Chicken Sandwich (R0211N) Cheese Plank (CMS #2525, R1129), Cheez-It Crackers (CMS #1239, R2410) Cheeseburger Sliders (R0137/R0137N) Fiestada Stuffed Sandwich (R0159/R0159N) Manager's Choice Parfait & Crackers: <ul style="list-style-type: none"> • Parfait Options: <ul style="list-style-type: none"> ◦ Blueberry Parfait ▼ (R1690-DW, R1691-CB) ◦ Mango Parfait ▼ (R1692-DW, R1693-CB) ◦ Strawberry Parfait ▼ (R1694-DW, R1695-CB) • Cracker Options: <ul style="list-style-type: none"> ◦ Strawberry Graham Crackers (CMS #1449, R2446) ◦ Food & Nutrition Crackers (CMS #1590) ◦ Belvita Cinnamon Crackers (CMS #1447, R2445) Sandwiches - NNC <ul style="list-style-type: none"> • Toasted Cheese Sandwich ▼ (R1086N) • Tuna Sandwich (R5635) • Turkey Breast & Cheese Sub (R0968N) Sandwiches – PREP <ul style="list-style-type: none"> • Toasted Cheese Sandwich ▼ (R1086-IW, R1159-Scratch) • Turkey Breast & Cheese Sandwich (R1163) • Turkey Steak & Cheese Sandwich (R1164) • Tuna Sandwich (R5619) Yogurt 8 oz ▼ (CMS #7107-DW, #9156-CB, R1652-DW, R1675-CB) & Crackers (see options listed under Manager's Choice Parfait & Crackers) Vegan: <ul style="list-style-type: none"> • Vegan Burrito (R6038N) • Chik'n Nuggets (R6028N), Artisan Roll (CMS #6068, R2183) CAN SERVE ANY LUNCH ENTREES ON EEC/CSPP/PALS MENU

MILK

NON-ALLOWABLE MENU ITEMS	SUBSTITUTES (ALLOWABLE ITEMS)
Milk, Nonfat, Chocolate Milk, Nonfat, Strawberry	Milk, White, Non-Fat, 8oz. (CMS #7123-DW/CMS #9051, R8001-DW/R8028-CB) Milk, White, Lactose Free Non-Fat (CMS #7152-DW/CMS #9028, R8003-DW/R8029-CB) Milk, White, Low-Fat, 6oz. (CMS #7122-DW/CMS #9053, R8022-DW/R8034-CB) Milk, White, Low-Fat, 8oz. (CMS #7100-DW/CMS #9028, R9050-DW/R8027-CB)

CONDIMENTS

NON-ALLOWABLE MENU ITEMS	SUBSTITUTES (ALLOWABLE ITEMS)
Asian Sesame Dressing BBQ Ranch Caesar Dressing Cajun Ranch Chamoy Secret Sauce Sriracha	Sriracha Mayo Tater Sauce Tapatio Tajin Cream Cheese (CMS #7041/CMS #9043-CB, R7097/R7123-CB) BBQ Sauce (CMS #1647, R7124) Ketchup, Pkg. (CMS #1618, R7024) Ketchup, Squeeze Bottle (R7043) Mayo, Pkg (CMS #1014, R7025) Mustard, Pkg (CMS #1373, R7026) Ranch, Pkg (CMS #1373, R7026)
	Ranch, Scratch (R7079-DW, R7103-CB) Strawberry Jam, Pkg.(CMS #1690, R7021) Taco Sauce, Pkg. (CMS #1476, R7016)