

# High School Menu

# October 2024

Farm to School



MON	TUE	WED	THU	FRI
<b>OFFERED DAILY</b> <b>BREAKFAST:</b> <ul style="list-style-type: none"> <li>Fruit</li> <li>House-Baked Cinnamon Rolls</li> <li>Whole Grain Cereals w/String Cheese</li> <li>Yogurt with Granola</li> <li>100% Fruit Juice</li> <li>Low-Fat White Milk</li> <li>Nonfat Chocolate Milk</li> </ul>	<b>BREAKFAST</b> 1 Cinnamon Crumb Cake PB&J Sandwich  <b>LUNCH</b> Spicy Chicken Sandwich BBQ Turkey Sliders Snack Box Beef Tacos	<b>BREAKFAST</b> 2 Egg, Cheese, & Sausage Croissant Sandwich Mini Maple Pancakes Cinnamon Cereal Bar  <b>LUNCH</b> Teriyaki Meatballs w/Rice Buffalo Chicken Mac & Cheese Bean Burrito w/Pico Chicken Tamale w/Spicy Beans	<b>BREAKFAST</b> 3 Cinnamon Crumb Cake Egg & Cheese Biscuit  <b>LUNCH</b> Cheesy Breadsticks w/Marinara Chili Cheese Nachos Southwest Bean Burger Spicy Chicken Sandwich	<b>BREAKFAST</b> 4 Beef & Bean Burrito w/Pico Pan Dulce Concha  <b>LUNCH</b> Spicy Bean Nachos Chili Cheese Dog Chicken Drumstick & Waffle Thai Sweet Chili Quinoa Bowl
<b>BREAKFAST</b> 7 Egg, Cheese, & Sausage Croissant Sandwich Breakfast Bar  <b>LUNCH</b> Breaded Ravioli w/Marinara Chicken Tenders w/Cornbread Cheeseburger/Hamburger Buffalo BBQ Chicken Sliders	<b>BREAKFAST</b> 8 Cinnamon Crumb Cake Bagel w/Cream Cheese  <b>LUNCH</b> BBQ Turkey Mac & Cheese Corn Dog Spicy Chicken Sandwich Teriyaki Chicken w/Rice	<b>BREAKFAST</b> 9 Chicken Biscuit Sandwich Blueberry Waffle  <b>LUNCH</b> Pancakes & Sausage Chili Cheese Nachos Bean Burrito w/Pico Chicken & Veggie Chow Mein	<b>BREAKFAST</b> 10 Muffin Egg, Cheese, & Turkey Sausage Breakfast Burrito  <b>LUNCH</b> Chicken & Mashed Potato Bowl Chicken & Cheese Taquitos w/Guacamole Peach Yogurt Parfait Spicy Chicken Sandwich	<b>BREAKFAST</b> 11 French Toast w/Fruit Dip Egg, Cheese, & Turkey Ham Croissant Sandwich Marshmallow Cereal Bar  <b>LUNCH</b> Chili Cheese Nachos PB&J Sandwich Spaghetti w/Meatballs Buffalo BBQ Chicken Sandwich

ITEMS OF THE MONTH:  
APPLE PEARS AND GRAPES

## Key

- House-Made
- Vegetarian Entrees
- Vegan Entrees  
All fruits, fresh vegetables, & cereals are vegan.
- Contains Pork
- All grains are whole-grain rich  
Except cinnamon roll
- New Item

## NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18

<b>BREAKFAST</b> 14 Pizza Stick Breakfast Bites  <b>LUNCH</b> Quesadilla Orange Chicken w/Rice Bean & Cheese Pupusa Meatball Sub Sandwich	<b>BREAKFAST</b> 15 Cinnamon Crumb Cake PB&J Sandwich  <b>LUNCH</b> Spicy Chicken Sandwich BBQ Turkey Sliders PB&J Protein Kit Beef Tacos	<b>BREAKFAST</b> 16 Egg, Cheese, & Sausage Croissant Sandwich Mini Maple Pancakes Cinnamon Cereal Bar  <b>LUNCH</b> Kung Pao Chicken w/Rice Buffalo Chicken Mac & Cheese Bean & Cheese Burrito w/Pico Chicken Tamale w/Spicy Beans	<b>BREAKFAST</b> 17 Cinnamon Crumb Cake Bacon, Egg, & Cheese Biscuit Sandwich  <b>LUNCH</b> Garlic Bread w/Marinara Chili Cheese Nachos Southwest Bean Burger Spicy Chicken Sandwich <i>Farm to School Apple Pears</i>	<b>BREAKFAST</b> 18 Beef & Bean Burrito w/Pico Pan Dulce Concha Smoothie Bowl  <b>LUNCH</b> Spicy Bean Nachos Chili Cheese Dog Chicken Drumstick & Waffle Thai Sweet Chili Quinoa Bowl
<b>BREAKFAST</b> 21 Egg, Cheese, & Sausage Croissant Sandwich Breakfast Bar  <b>LUNCH</b> Breaded Ravioli w/Marinara Boneless Wings w/Cornbread Cheeseburger/Hamburger Buffalo BBQ Chicken Sliders	<b>BREAKFAST</b> 22 Cinnamon Crumb Cake Egg, Cheese, & Turkey Sausage Breakfast Burrito  <b>LUNCH</b> Macaroni & Cheese Corn Dog Spicy Chicken Sandwich Thai Sweet Chili Chicken w/Rice	<b>BREAKFAST</b> 23 Chicken Biscuit Sandwich Cinnamon Waffle  <b>LUNCH</b> Pancakes & Sausage Chili Cheese Nachos Chickpea Butter & Jelly (CB&J) Sandwich Chicken & Veggie Chow Mein	<b>BREAKFAST</b> 24 Muffin Pizza Bagel  <b>LUNCH</b> Chicken & Mashed Potato Bowl Chicken & Cheese Taquitos w/Guacamole Strawberry Yogurt Parfait Spicy Chicken Sandwich	<b>BREAKFAST</b> 25 French Toast w/Fruit Dip Egg, Cheese, & Turkey Ham Croissant Sandwich Marshmallow Cereal Bar  <b>LUNCH</b> Chili Cheese Nachos PB&J Sandwich Bacon Chicken Ranch Wrap Buffalo BBQ Chicken Sandwich

<b>BREAKFAST</b> 28 Pizza Stick Breakfast Bites  <b>LUNCH</b> Grilled Cheese Sandwich Orange Chicken w/Rice Bean & Cheese Burrito w/Pico Meatball Sub Sandwich	<b>BREAKFAST</b> 29 Cinnamon Crumb Cake PB&J Sandwich  <b>LUNCH</b> Spicy Chicken Sandwich BBQ Turkey Sliders Snack Box Beef Tacos	<b>BREAKFAST</b> 30 Egg, Cheese, & Sausage Croissant Sandwich Mini Maple Pancakes Cinnamon Cereal Bar  <b>LUNCH</b> Teriyaki Meatballs w/Rice Buffalo Chicken Mac & Cheese Bean & Cheese Pupusa Chicken Tamale w/Spicy Beans	<b>BREAKFAST</b> 31 Cinnamon Crumb Cake Egg & Cheese Biscuit  <b>LUNCH</b> Cheesy Breadsticks w/Marinara Chili Cheese Nachos Kung Pao Chicken w/Rice Spicy Chicken Sandwich <i>Farm to School Grapes</i>	<b>OFFERED DAILY</b> <b>LUNCH:</b> <ul style="list-style-type: none"> <li>Fruits &amp; Vegetables</li> <li>Pizza</li> <li>Salads</li> <li>Sandwiches</li> <li>Yogurt with Granola</li> <li>100% Fruit Juice</li> <li>Low-Fat White Milk</li> <li>Nonfat Chocolate Milk</li> </ul>
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Scan QR code for more menu information.



CALIFORNIA FARM TO SCHOOL NETWORK

Nutrition Services Long Beach USD