Avalon Menu

November 2026

Farm to School



ITEMS OF THE MONTH:

PERSIMMONS, APPLES, 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 — New Item

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Scan QR code for more menu information.

CALIFORNIA FARM TO SCHOOL NETWORK

Nutrition Services · Long Beach USD

MON	TUE	WED	THU	FRI
2  Pupil Free Day - No School	**3** BREAKFAST Chocolate Muffin French Toast Sticks w/Fruit Dip LUNCH Bean & Cheese Burrito Chicken Sandwich	**4** BREAKFAST House-Baked Cinnamon Roll Pizza Stick LUNCH Grilled Cheese Sandwich Teriyaki Chicken w/Rice	**5** BREAKFAST Cinnamon Crumb Cake Egg, Cheese, & Turkey Sausage Breakfast Burrito LUNCH Macaroni & Cheese Mini Corn Dogs *Farm to School Persimmons*	**6** BREAKFAST Egg, Cheese, & Turkey Ham Croissant House-Baked Cinnamon Roll LUNCH Walking Taco Chicken Tamale
9 BREAKFAST Pizza Bagel Blueberry Waffle LUNCH Orange Chicken w/Rice Bean Burrito *Farm to School Honeycrisp Apples*	**10** BREAKFAST Egg, Cheese, & Turkey Sausage Croissant Breakfast Bites LUNCH Buffalo Chicken Mac & Cheese Chicken & Cheese Taquitos w/Guacamole	**11**  Veterans Day - No School	**12** BREAKFAST Pan Dulce Concha PB&J Sandwich LUNCH Cheesy Breadsticks w/Marinara Cheeseburger/Hamburger	**13** BREAKFAST House-Baked Cinnamon Roll Egg & Cheese Tamale LUNCH Spicy Bean Nachos Chicken Drumstick & Waffle
16 BREAKFAST Breakfast Bar French Toast Sticks w/Fruit Dip or Manager's Special LUNCH Boneless Wings w/Cornbread Chicken Alfredo or Manager's Special	**17** BREAKFAST Chocolate Muffin Egg & Cheese Bites or Manager's Special LUNCH Chicken Tamale Breaded Cheese Ravioli w/Marinara or Manager's Special	**18** BREAKFAST House-Baked Cinnamon Roll Pizza Stick or Manager's Special LUNCH Glazed Wings & Waffle Cheese Quesadilla or Manager's Special *Farm to School Grapes*	**19** BREAKFAST Cinnamon Crumb Cake Bagel w/Cream Cheese or Manager's Special LUNCH Macaroni & Cheese Mini Corn Dogs or Manager's Special	**20** BREAKFAST Egg, Cheese, & Turkey Ham Croissant House-Baked Cinnamon Roll or Manager's Special LUNCH Chili Cheese Nachos Teriyaki Meatballs w/Rice or Manager's Special
23	**24**	**25**	**26**	**27**
T H A N K S G I V I N G B R E A K				
30 BREAKFAST Pizza Bagel Cinnamon Waffle LUNCH Rib-B-Que Sandwich Orange Chicken w/Rice			**OFFERED DAILY** BREAKFAST: • Fruit • Whole Grain Cereals • Greek Yogurt & Granola • String Cheese • 100% Fruit Juice • Low-Fat White Milk • Nonfat Chocolate Milk	**OFFERED DAILY** LUNCH: • Greek Yogurt & Granola • Low-Fat White Milk • Nonfat Chocolate Milk • Fruits & Vegetables Grades 6-12 only: • 100% Fruit Juice