Marshall & Reid 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 PB&J Sandwich Greek Yogurt & Granola LUNCH Chicken Sliders Kickin' Tenders & Toast Sticks	**4** BREAKFAST House-Baked Cinnamon Roll Strawberry Yogurt Parfait LUNCH Cheeseburger Ciabatta & Cheese Sandwich	**5** BREAKFAST Egg, Cheese, & Sausage Croissant Sandwich Greek Yogurt & Granola LUNCH Cheese Quesadilla Chili Cheese Nachos *Farm to School Persimmon*	**6** BREAKFAST Mini Maple Pancakes Strawberry Yogurt Parfait LUNCH Spicy Chicken Sandwich Pepperoni Pizza
9 BREAKFAST Pizza Stick Greek Yogurt & Granola LUNCH Bean & Cheese Pupusa Kung Pao Chicken w/Rice *Farm to School Honeycrisp Apple*	**10** BREAKFAST Breakfast Bites Greek Yogurt & Granola LUNCH Hamburger Macaroni & Cheese	**11** Veterans Day - No School	**12** BREAKFAST Cinnamon Crumb Cake Greek Yogurt & Granola LUNCH Chili Cheese Nachos Pancakes & Sausage	**13** BREAKFAST Chocolate Muffin Greek Yogurt & Granola LUNCH Cheese Pizza Chicken Pozole
16 BREAKFAST French Toast Sticks Greek Yogurt & Granola LUNCH Boneless Chicken Wings w/Cornbread Birria & Cheese Pupusa	**17** BREAKFAST Pan Dulce Concha Greek Yogurt & Granola LUNCH Chili Cheese Nachos Cheesy Pull-Aparts	**18** BREAKFAST House-Baked Cinnamon Roll Strawberry Yogurt Parfait LUNCH Teriyaki Chicken w/Rice Bean & Cheese Burrito *Farm to School Grapes*	**19** BREAKFAST Egg, Cheese, & Turkey Sausage Breakfast Burrito Greek Yogurt & Granola LUNCH Mini Corn Dogs PB&J Sandwich	**20** BREAKFAST Blueberry Waffle Strawberry Yogurt Parfait LUNCH Spicy Chicken Sandwich Pepperoni Pizza
23	**24**	**25**	**26**	**27**
THANKSGIVING BREAK				
30 BREAKFAST Egg & Cheese Tamale Greek Yogurt & Granola LUNCH Bean Burrito Spicy Chicken Sandwich			**OFFERED DAILY** BREAKFAST: • Whole Grain Cereals • Greek Yogurt & Granola • String Cheese • 100% Fruit Juice • Low-Fat White Milk • Nonfat Chocolate Milk	**OFFERED DAILY** LUNCH: • Fruits & Vegetables • Salads • Sandwiches • Greek Yogurt & Granola • 100% Fruit Juice • Low-Fat White Milk • Nonfat Chocolate Milk