### Contact Information
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Director of Food & Nutrition Services  
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### OCTOBER 2020
Long Beach Elementary Schools

#### Tuesday
- **Sabrett® All-Beef Hot Dog**  
  - Sauerkraut  
  - Macaroni Salad  
  - Variety of Fruit or Juice  
  - Milk
  - W – S

#### Wednesday
- **BRUNCH-4-LUNCH**  
  - Egg Omelet, WG Mini Bagel,  
    - McCain® Emoji Fries  
  - Variety of fruit or juice  
  - Milk  
  - E – S – W

#### Thursday
- **Cold Cut Sandwich** (W)  
  - Cole Slaw  
  - Mixed Fruit or Juice  
  - Milk
  - W – S

#### Friday
- **The Max Stuffed Crust Pizza**  
  - Tossed Garden Salad  
  - Variety of Fruit or Juice  
  - Milk
  - W – M

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**Menu Key References**

- M = Milk  
- E = Eggs  
- F = Fish  
- SF = Shellfish  
- T = Tree Nut  
- W = Wheat  
- P = Peanut  
- S = Soybean

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**LUNCH COMPONENTS**

A school lunch is required to have a minimum of three (3) and up to five (5) of the following components. One (1) component must be a fruit or vegetable.

- Meat/Meat Alternate  
- Whole Grain  
- Fruit/Juice  
- Vegetable  
- Milk

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**ALLERGY INFORMATION**

Menu key references specific allergens present in the main entrée. Asterisk (*) indicates if allergens are present in components such as vegetables or grains. Additional information is available upon request. Please contact the Department of Food & Nutrition Services.

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**Sabrett® All-Beef Hot Dog**  
- Peanut Butter & Jelly  
- Wow Butter® Peanut Butter Alternative  
- All Nut & Gluten Free

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**Daily Alternates**

- Sandwiches (Served on Whole Wheat Bread)  
- Turkey & Cheese  
- Cheese  
- Peanut Butter & Jelly  
- Wow Butter® Peanut Butter Alternative  
- Peanut, Tree Nut & Gluten Free

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**COLUMBUS DAY**

SCHOOLS CLOSED