# OCTOBER 2020
Long Beach High School

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| **Tyson® Chicken Rings**  
Corn  
Pears or Juice  
Milk  
(M – S – W) | **Sabrett® All-Beef Hot Dog**  
Sauerkraut  
Macaroni Salad  
Mixed Fruit or Juice  
Milk  
W – S | **Tyson® Chicken Rings**  
Corn  
Pears or Juice  
Milk  
M – S – W | **Homemade Pizza Bagel**  
Carrots  
Variety of Fruit or Juice  
Milk  
W – M | **Homemade Pizza Bagel**  
Carrots  
Variety of Fruit or Juice  
Milk  
W – M |
| **COLUMBUS DAY**  
SCHOOLS CLOSED | **Mac & Cheese**  
Italian Bread*  
Broccoli  
Pears or Juice  
Milk  
W – E – M  (*W) | **Mac & Cheese**  
Italian Bread*  
Broccoli  
Pears or Juice  
Milk  
W – E – M  (*W) | **Hamburger**  
Potato Salad  
Pickles  
Peaches or Juice  
Milk  
W (M)* | **Homemade Pizza Bagel**  
Carrots  
Variety of Fruit or Juice  
Milk  
W – M |
| **Tyson® Chicken Nuggets**  
Three Bean Salad  
Applesauce or Juice  
Milk  
M – S – W | **Beef Taco with Tostitos®**  
Taco Boat  
Lettuce, Tomato & Cheese*  
Pears or Juice  
Milk  
W – S  (*M) | **Beef Taco with Tostitos®**  
Taco Boat  
Lettuce, Tomato & Cheese*  
Pears or Juice  
Milk  
W – S  (*M) | **Tyson® Chicken Nuggets**  
Three Bean Salad  
Applesauce or Juice  
Milk  
M – S – W | **Homemade Pizza Bagel**  
Carrots  
Variety of Fruit or Juice  
Milk  
W – M |
| **Tyson® Chicken Pattie**  
Lettuce & Tomato  
Mixed Vegetables  
Peaches or Juice  
Milk  
M – S – W | **Meatball Parmesan Hero**  
Mixed Vegetables  
Pineapple or Juice  
Milk  
W – S  | **Meatball Parmesan Hero**  
Mixed Vegetables  
Pineapple or Juice  
Milk  
W – S  | **Tyson® Chicken Pattie**  
Lettuce & Tomato  
Mixed Vegetables  
Peaches or Juice  
Milk  
M – S – W | **Homemade Pizza Bagel**  
Carrots  
Variety of Fruit or Juice  
Milk  
W – M |

**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.

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