## Contact Information
Kyle Swan  
Director of Food & Nutrition Services  
516. 897. 2084

## OCTOBER 2020
Long Beach Middle School

### 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*

### LUNCH

**Monday**

| 5 | Tyson® Chicken Rings  
Corn  
Pears or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>M–S–W</td>
<td></td>
</tr>
</tbody>
</table>

**Tuesday**

| 6 | Beef Taco with **Tostitos®**  
Taco Boat  
Lettuce, Tomato & Cheese*  
Pears or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W–S (*M)</td>
<td></td>
</tr>
</tbody>
</table>

**Wednesday**

| 7 | Beef Taco with **Tostitos®**  
Taco Boat  
Lettuce, Tomato & Cheese*  
Pears or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W–S (*M)</td>
<td></td>
</tr>
</tbody>
</table>

**Thursday**

| 8 | Tyson® Chicken Rings  
Corn  
Pears or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>M–S–W</td>
<td></td>
</tr>
</tbody>
</table>

**Friday**

| 9 | The Max Stuffed Crust Pizza  
Sauerkraut  
Macaroni Salad  
Mixed Fruit or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W–S</td>
<td></td>
</tr>
</tbody>
</table>

| 10 | Sabrett® All-Beef Hot Dog  
Sauerkraut  
Macaroni Salad  
Mixed Fruit or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W–S</td>
<td></td>
</tr>
</tbody>
</table>

| 11 | Hamburger  
Potato Salad  
Pickles  
Peaches or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W–S</td>
<td></td>
</tr>
</tbody>
</table>

**COLUMBUS DAY**

**SCHOOLS CLOSED**

**Monday**

| 12 | Tyson® Chicken Nuggets  
Three Bean Salad  
Applesauce or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>M–S–W</td>
<td></td>
</tr>
</tbody>
</table>

**Tuesday**

| 13 | Mac & Cheese  
Italian Bread*  
Broccoli  
Pears or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W–E–M (W)</td>
<td></td>
</tr>
</tbody>
</table>

**Wednesday**

| 14 | Mac & Cheese  
Italian Bread*  
Broccoli  
Pears or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W–E–M (W)</td>
<td></td>
</tr>
</tbody>
</table>

**Thursday**

| 15 | Tyson® Chicken Pattie  
Lettuce & Tomato  
Mixed Vegetables  
Peaches or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W (M*)</td>
<td></td>
</tr>
</tbody>
</table>

**Friday**

| 16 | The Max Stuffed Crust Pizza  
Sauerkraut  
Macaroni Salad  
Mixed Fruit or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W–S</td>
<td></td>
</tr>
</tbody>
</table>

| 17 | Sabrett® All-Beef Hot Dog  
Sauerkraut  
Macaroni Salad  
Mixed Fruit or Juice  
Milk |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>W–S</td>
<td></td>
</tr>
</tbody>
</table>

**COLUMBUS DAY**

**SCHOOLS CLOSED**

### 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**