

CDC MENU, SELECT SITES

Breakfast and Lunch

Central, Grant & Tincher

June 16 - August 29, 2023

Monday

Tuesday

Wednesday

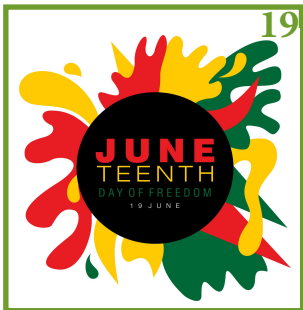
Thursday

Friday

Summer



Fun



19
Cheerios Cereal 🌾😊
Peaches

Chicken Nuggets
Corn
Fresh Plum

21
Blueberry Chex Cereal 🌾😊
Fresh Apple Slices

Hamburger
Carrots 🌿 w/Ranch Drsg.
Wedged Oranges 🍊

22
Muffin 🌾
Applesauce Cup

Chicken Sandwich 🍗
Calif. Mixed Vegetables
Fresh Banana

23
Cinnamon Toast
Crunch Cereal 🌾😊
Pineapple

Personal Pan
Cheese Pizza 🍕🌿
Carrots 🌿 w/Ranch Drsg.
Fresh Nectarine 🍑

26
Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese
Burrito 🌾🌿
Carrots 🌿 w/Ranch Drsg.
Fresh Apple Slices

27
Bagel 🌾
w/Cream Cheese
Peaches

Chicken Nuggets
Corn
Fresh Plum

28
Blueberry Chex Cereal 🌾😊
Fresh Apple Slices

Hamburger
Broccoli 🌿 w/Ranch Drsg.
Fresh Banana

29
Muffin 🌾
Applesauce Cup

Chicken Sandwich
Calif. Mixed Vegetables
Wedged Oranges 🍊

30
Cinnamon Toast
Crunch Cereal 🌾😊
Pineapple

Personal Pan
Cheese Pizza 🍕🌿
Carrots 🌿 w/Ranch Drsg.
Fresh Nectarine 🍑

JUL. 3
Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese
Burrito 🌾🌿
Carrots 🌿 w/Ranch Drsg.
Fresh Apple Slices



5
Bagel 🌾
w/Cream Cheese
Fresh Apple Slices

Chicken Nuggets
Corn
Fresh Plum

6
Muffin 🌾
Applesauce Cup

Chicken Sandwich
Calif. Mixed Vegetables
Wedged Oranges 🍊

7
Cinnamon Toast
Crunch Cereal 🌾😊
Pineapple

Personal Pan
Cheese Pizza 🍕🌿
Carrots 🌿 w/Ranch Drsg.
Fresh Nectarine 🍑

JUNE 16

Cinnamon Toast
Crunch Cereal 🌾😊
Fresh Apple Slices

Personal Pan
Cheese Pizza 🍕🌿
Carrots 🌿 w/Ranch Drsg.
Fresh Nectarine 🍑

KEY

- reduced-sugar cereal
- meatless (all breakfast items & sides are meatless)
- whole grain
- contains pork
- locally grown/sourced

The portion size for all items is one each unless stated otherwise.

OFFERED DAILY



- low fat white milk
- non fat white milk

Menus are subject to change without notice. For more information, visit us on the web at http://www.lbschools.net/Departments/Nutrition_Services/

CDC MENU, SELECT SITES

Breakfast and Lunch

June 16 - August 29, 2023

Monday

Tuesday

Wednesday

Thursday

Friday

JUL. 10

Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese Burrito 🌾🥬
Carrots 🌟 w/Ranch Drsg.
Fresh Apple Slices

11

Bagel 🌾
w/Cream Cheese
Peaches

Chicken Nuggets
Corn
Fresh Plum

12

Blueberry Chex Cereal 🌾😊
Fresh Apple Slices

Hamburger
Broccoli 🌟 w/Ranch Drsg.
Fresh Banana

13

Muffin 🌾
Applesauce Cup

Chicken Sandwich
Calif. Mixed Vegetables
Wedged Oranges 🌟

14

Cinnamon Toast Crunch Cereal 🌾😊
Pineapple

Personal Pan Cheese Pizza 🌾🥬
Carrots 🌟 w/Ranch Drsg.
Fresh Nectarine 🌟

17

Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese Burrito 🌾🥬
Carrots 🌟 w/Ranch Drsg.
Fresh Apple Slices

18

Bagel 🌾
w/Cream Cheese
Peaches

Chicken Nuggets
Corn
Fresh Plum

19

Blueberry Chex Cereal 🌾😊
Fresh Apple Slices

Hamburger
Broccoli 🌟 w/Ranch Drsg.
Fresh Banana

20

Muffin 🌾
Applesauce Cup

Chicken Sandwich
Calif. Mixed Vegetables
Wedged Oranges 🌟

21

Cinnamon Toast Crunch Cereal 🌾😊
Pineapple

Personal Pan Cheese Pizza 🌾🥬
Carrots 🌟 w/Ranch Drsg.
Fresh Nectarine 🌟

24

Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese Burrito 🌾🥬
Carrots 🌟 w/Ranch Drsg.
Fresh Apple Slices

25

Bagel 🌾
w/Cream Cheese
Peaches

Chicken Nuggets
Corn
Fresh Plum

26

Blueberry Chex Cereal 🌾😊
Fresh Apple Slices

Hamburger
Broccoli 🌟 w/Ranch Drsg.
Fresh Banana

27

Muffin 🌾
Applesauce Cup

Chicken Sandwich
Calif. Mixed Vegetables
Wedged Oranges 🌟

28

Cinnamon Toast Crunch Cereal 🌾😊
Pineapple

Personal Pan Cheese Pizza 🌾🥬
Carrots 🌟 w/Ranch Drsg.
Fresh Nectarine 🌟

31

Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese Burrito 🌾🥬
Carrots 🌟 w/Ranch Drsg.
Fresh Apple Slices

AUG. 1

Bagel 🌾
w/Cream Cheese
Peaches

Chicken Nuggets
Corn
Fresh Plum

2

Blueberry Chex Cereal 🌾😊
Fresh Apple Slices

Hamburger
Broccoli 🌟 w/Ranch Drsg.
Fresh Banana

3

Muffin 🌾
Applesauce Cup






Chicken Sandwich
Calif. Mixed Vegetables
Wedged Oranges 🌟

4

Cinnamon Toast Crunch Cereal 🌾😊
Pineapple

Personal Pan Cheese Pizza 🌾🥬
Carrots 🌟 w/Ranch Drsg.
Fresh Nectarine 🌟

KEY

-  reduced-sugar cereal
-  meatless (all breakfast items & sides are meatless)
-  whole grain
-  contains pork
-  locally grown/sourced

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- non fat white milk

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CDC MENU, SELECT SITES

Breakfast and Lunch

June 16 - August 29, 2023

LONG BEACH
UNIFIED SCHOOL DISTRICT
Excellence & Equity

Monday

Tuesday

Wednesday

Thursday

Friday

AUG. 7

Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese Burrito 🌾🥬
Carrots* w/Ranch Drsg.
Fresh Apple Slices

8

Bagel 🌾
w/Cream Cheese
Peaches

Chicken Nuggets
Corn
Fresh Plum

9

Blueberry Chex Cereal 🌾😊
Fresh Apple Slices

Hamburger
Broccoli* w/Ranch Drsg.
Fresh Banana

10

Muffin 🌾
Applesauce Cup

Chicken Sandwich
Calif. Mixed Vegetables
Wedged Oranges*

11

Cinnamon Toast Crunch Cereal 🌾😊
Pineapple

Personal Pan Cheese Pizza 🌾🥬
Carrots* w/Ranch Drsg.
Fresh Nectarine*

14

Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese Burrito 🌾🥬
Carrots* w/Ranch Drsg.
Fresh Apple Slices

15

Bagel 🌾
w/Cream Cheese
Peaches

Chicken Nuggets
Corn
Fresh Plum

16

Blueberry Chex Cereal 🌾😊
Fresh Apple Slices

Hamburger
Broccoli* w/Ranch Drsg.
Fresh Banana

17

Muffin 🌾
Applesauce Cup

Chicken Sandwich
Calif. Mixed Vegetables
Wedged Oranges*

19

Cinnamon Toast Crunch Cereal 🌾😊
Pineapple

Personal Pan Cheese Pizza 🌾🥬
Carrots* w/Ranch Drsg.
Fresh Nectarine*

21

Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese Burrito 🌾🥬
Carrots* w/Ranch Drsg.
Fresh Apple Slices

22

Bagel 🌾
w/Cream Cheese
Peaches

Chicken Nuggets
Corn
Fresh Plum

23

Blueberry Chex Cereal 🌾😊
Fresh Apple Slices

Hamburger
Broccoli* w/Ranch Drsg.
Fresh Banana

24

Muffin 🌾
Applesauce Cup

Chicken Sandwich
Calif. Mixed Vegetables
Wedged Oranges*

25

Cinnamon Toast Crunch Cereal 🌾😊
Pineapple

Personal Pan Cheese Pizza 🌾🥬
Carrots* w/Ranch Drsg.
Fresh Nectarine*

28

Cheerios Cereal 🌾😊
Mixed Fruit Cup

Bean & Cheese Burrito 🌾🥬
Carrots* w/Ranch Drsg.
Fresh Apple Slices

29

Bagel 🌾
w/Cream Cheese
Peaches

Chicken Nuggets
Corn
Fresh Plum



30

HAPPY FIRST DAY OF SCHOOL

31

Illustration of three children sitting on a large pencil, surrounded by school supplies like books, a ruler, and a pencil sharpener.

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