

# CDC MENU, SELECT SITES

## Breakfast and Lunch

Edison, Garfield, King, Mann, Powell & Twain

June 16 - August 29, 2023

Monday

Tuesday

Wednesday

Thursday

Friday

# SUMMER

**JUNE 16**

**Cinnamon Toast Crunch Cereal** 😊  
Fresh Apple Slices  
\*\*\*\*\*


**Cheese Pizza** 🌿  
Carrots \* w/Ranch Drsg.  
Fresh Nectarine \*

### KEY

- 😊 reduced-sugar cereal
- 🌿 meatless (all breakfast items & sides are meatless)
- 🌾 whole grain (all grains are whole grains)
- 🐷 contains pork
- 🌱 locally grown/sourced

**19**

*Juneteenth*



*Emancipation Proclamation*

**20**

**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  
\*\*\*\*\*

**Cheese Pizza** 🌿  
Carrots \* w/Ranch Drsg.  
Fresh Nectarine \*

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

**26**

**Variety Cereal** 😊  
Mixed Fruit  
\*\*\*\*\*

**Chicken Nuggets**  
Carrots \* w/Ranch Drsg.  
Fresh Apple Slices

**27**

**Bagel**  
w/Cream Cheese  
Peaches  
\*\*\*\*\*

**Bean & Cheese Burrito** 🌿  
Corn  
Fresh Plum

**28**

**Variety Cereal** 😊  
Fresh Apple Slices  
\*\*\*\*\*

**Hamburger**  
Mixed Vegetables  
Fresh Banana

**29**

**Concha**  
w/String Cheese  
Pineapple  
\*\*\*\*\*

**Chicken Sandwich**  
Corn  
Wedged Oranges \*

**30**

**Variety Cereal** 😊  
Fresh Apple Slices  
or Variety Fruit  
\*\*\*\*\*

**Cheese Pizza** 🌿  
Carrots \* w/Ranch Drsg.  
Fresh Nectarine \*  
or Variety Fruit

### OFFERED DAILY



low fat white milk

non fat white milk

**JUL. 3**

**Variety Cereal** 😊  
Mixed Fruit  
\*\*\*\*\*

**Chicken Nuggets**  
Carrots \* w/Ranch Drsg.  
Fresh Apple Slices

**4**



**5**

**Bagel**  
w/Cream Cheese  
Applesauce Cup  
\*\*\*\*\*

**Hamburger**  
Mixed Vegetables  
Fresh Plum

**6**

**Concha**  
w/String Cheese  
Pineapple  
\*\*\*\*\*

**Chicken Sandwich**  
Corn  
Wedged Oranges \*

**7**

**Variety Cereal** 😊  
Fresh Apple Slices  
or Variety Fruit  
\*\*\*\*\*

**Cheese Pizza** 🌿  
Carrots \* w/Ranch Drsg.  
Fresh Nectarine \*  
or Variety Fruit

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# CDC MENU, SELECT SITES

## Breakfast and Lunch

June 16 - August 29, 2023

Monday

Tuesday

Wednesday

Thursday

Friday

**Variety Cereal** 😊 **JUL.10**  
Mixed Fruit  
\*\*\*\*\*  
**Chicken Nuggets**  
Carrots\* w/Ranch Drsg.  
Fresh Apple Slices

**Bagel** 11  
w/Cream Cheese  
Peaches  
\*\*\*\*\*  
**Bean & Cheese Burrito** 🌿  
Corn  
Fresh Plum

**Variety Cereal** 😊 12  
Applesauce Cup  
\*\*\*\*\*  
**Hamburger**  
Mixed Vegetables  
Fresh Banana

**Concha** 13  
w/String Cheese  
Pineapple  
\*\*\*\*\*  
**Chicken Sandwich**  
Corn  
Wedged Oranges\*

**Variety Cereal** 😊 14  
Fresh Apple Slices  
or Variety Fruit  
\*\*\*\*\*  
**Cheese Pizza** 🌿  
Carrots\* w/Ranch Drsg.  
Fresh Nectarine\*  
or Variety Fruit

**Variety Cereal** 😊 17  
**or Manager's Special**  
Mixed Fruit  
\*\*\*\*\*  
**Chicken Nuggets**  
**or Manager's Special**  
Carrots\* w/Ranch Drsg.  
Fresh Apple Slices

**Bagel** 18  
w/Cream Cheese  
**or Manager's Special**  
Peaches  
\*\*\*\*\*  
**Bean & Cheese Burrito** 🌿  
**or Manager's Special**  
Corn  
Fresh Plum

**Variety Cereal** 😊 19  
**or Manager's Special**  
Applesauce Cup  
\*\*\*\*\*  
**Hamburger**  
**or Manager's Special**  
Mixed Vegetables  
Fresh Banana

**Concha** 20  
w/String Cheese  
**or Manager's Special**  
Pineapple or Variety Fruit  
\*\*\*\*\*  
**Chicken Sandwich**  
**or Manager's Special**  
Corn or Variety Vegetables  
Wedged Oranges\*  
or Variety Fruit

**Variety Cereal** 😊 21  
Fresh Apple Slices  
or Variety Fruit  
\*\*\*\*\*  
**Cheese Pizza** 🌿  
Carrots\* w/Ranch Drsg.  
or Variety Vegetables  
Fresh Nectarine\*  
or Variety Fruit

**Cheerios Cereal** 😊 24  
Mixed Fruit  
\*\*\*\*\*  
**Bean & Cheese Burrito** 🌿  
Carrots\* w/Ranch Drsg.  
Fresh Apple Slices

**Bagel** 25  
w/Cream Cheese  
Peaches  
\*\*\*\*\*  
**Chicken Nuggets**  
Corn  
Fresh Plum

**Blueberry Chex Cereal** 😊 26  
Fresh Apple Slices  
\*\*\*\*\*  
**Hamburger**  
Broccoli\* w/Ranch Drsg.  
Fresh Banana

**Muffin** 27  
Applesauce Cup  
\*\*\*\*\*  
**Chicken Sandwich**  
Calif. Mixed Vegetables  
Wedged Oranges\*

**Cinnamon Toast Crunch Cereal** 😊 28  
Pineapple  
\*\*\*\*\*  
**Cheese Pizza** 🌿  
Carrots\* w/Ranch Drsg.  
Fresh Nectarine\*

**Cheerios Cereal** 😊 31  
Mixed Fruit  
\*\*\*\*\*  
**Bean & Cheese Burrito** 🌿  
Carrots\* w/Ranch Drsg.  
Fresh Apple Slices

**Bagel** **AUG. 1**  
w/Cream Cheese  
Peaches  
\*\*\*\*\*  
**Chicken Nuggets**  
Corn  
Fresh Plum

**Blueberry Chex Cereal** 😊 2  
Fresh Apple Slices  
\*\*\*\*\*  
**Hamburger**  
Broccoli\* w/Ranch Drsg.  
Fresh Banana

**Muffin** 3  
Applesauce Cup  
\*\*\*\*\*  
**Chicken Sandwich**  
Calif. Mixed Vegetables  
Wedged Oranges\*

**Cinnamon Toast Crunch Cereal** 😊 4  
Pineapple  
\*\*\*\*\*  
**Cheese Pizza** 🌿  
Carrots\* w/Ranch Drsg.  
Fresh Nectarine\*

### KEY



reduced-sugar cereal



meatless  
(all breakfast items & sides are meatless)



whole grain  
(all grains are whole grains)



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

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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  
\*\*\*\*\*

**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  
\*\*\*\*\*

**Cheese Pizza** 🌿  
Carrots\* w/Ranch Drsg.  
Fresh Nectarine\*

**14**

**Cheerios Cereal** 😊  
Mixed Fruit  
\*\*\*\*\*

**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  
\*\*\*\*\*

**Cheese Pizza** 🌿  
Carrots\* w/Ranch Drsg.  
Fresh Nectarine\*

**21**

**Cheerios Cereal** 😊  
Mixed Fruit  
\*\*\*\*\*

**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  
\*\*\*\*\*

**Cheese Pizza** 🌿  
Carrots\* w/Ranch Drsg.  
Fresh Nectarine\*

**28**

**Cheerios Cereal** 😊  
Mixed Fruit  
\*\*\*\*\*

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

**29**






**Bagel**  
w/Cream Cheese  
Peaches  
\*\*\*\*\*

**Chicken Nuggets**  
Corn  
Fresh Plum

**AUGUST 30, 2023**  
**First Day of 2023 - 2024 School Year**



### KEY

-  reduced-sugar cereal
-  meatless (all breakfast items & sides are meatless)
-  whole grain (all grains are whole grains)
-  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

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