<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Honey Nut Cheerios Cereal or Breakfast Burrito</td>
<td>Cinnamon Toast Crunch Cereal or Breakfast Cereal or Cinnamon Roll</td>
<td>Frosted Mini Wheat Cereal or Cinnamon Roll</td>
<td>Cocoa Puffs Cereal or Breakfast Beef Slider</td>
<td>Variety Cereal or Oatmeal and Dried Mixed Fruit</td>
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<tr>
<td>Honey Sunshine Cereal or Belgian Waffles</td>
<td>Cinnamon Toast Crunch Cereal or Pizza Bagel</td>
<td>Rice Krispies Cereal or Cinnamon Roll</td>
<td>Fruit Loops Cereal or Mini Pancakes</td>
<td>Variety Cereal or Beef &amp; Bean Burrito</td>
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<tr>
<td>Honey Nut Cheerios Cereal or Breakfast Burrito</td>
<td>Cinnamon Toast Crunch Cereal or Pizza Bagel</td>
<td>Rice Krispies Cereal or Cinnamon Roll</td>
<td>Cocoa Puffs Cereal or Golden Spice Bread w/ String Cheese</td>
<td>Variety Cereal or Bean and Cheese Burrito</td>
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**Key:**
- Meatless
- May Contain Pork
- Whole Grain-Rich
- Fresh Baked
- Reduced Sugar
- New Menu Item

Menus are subject to change without notice.
Parents may call (562) 427-7923 then press 400 for a recorded message of the elementary breakfast and lunch menu. For all other menus, visit our website at www.lbschools.net.

For further information, consult the Internet at http://www.lbschools.net/Main_Offices/Business_Services/Nutrition_Services/

**Eating breakfast daily helps to fight hunger, prevent obesity and improve academic performance.**
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<tr>
<td>Chicken Fried Steak on a Bun or Chicken Nuggets&lt;br&gt;Whole Kernal Corn&lt;br&gt;Carrots w/ Ranch Dressing&lt;br&gt;Variety Fruit</td>
<td>Smokey Joe on a Bun or Grilled Cheese Sandwich&lt;br&gt;Potato Wedges&lt;br&gt;Tossed Salad w/ Italian Dressing&lt;br&gt;Variety Fruit</td>
<td>Teriyaki Chicken w/ Rice &amp; Roll or Grilled Ham &amp; Cheese Sandwich&lt;br&gt;Broccoli w/ Ranch Dressing&lt;br&gt;Sweet Potato Fries&lt;br&gt;Variety Fruit&lt;br&gt;Chocolate Cake</td>
<td>Pasta w/ Italian Meat Sauce or Hamburger&lt;br&gt;Seasoned Beans&lt;br&gt;Lettuce &amp; Pickles&lt;br&gt;Chocolate Milk</td>
<td>Galaxy Pizza (Cheese or Pepperoni)&lt;br&gt;Peas&lt;br&gt;Tossed Salad w/ Ranch Dressing&lt;br&gt;Variety Fruit</td>
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<td>Turkey and Gravy w/ Biscuit or Chicken Tenders&lt;br&gt;Mashed Potatoes w/ Gravy&lt;br&gt;Carrots w/ Ranch Dressing&lt;br&gt;Variety Fruit</td>
<td>BBQ Chicken w/ Roll or Bean &amp; Cheese Burrito&lt;br&gt;Potato Rounds&lt;br&gt;Tossed Salad w/ Ranch Dressing&lt;br&gt;Variety Fruit</td>
<td>Teriyaki Meatballs w/ Rice &amp; Roll or Grilled Cheese Sandwich&lt;br&gt;Green Beans&lt;br&gt;Tossed Salad w/ Ranch Dressing&lt;br&gt;Variety Fruit</td>
<td>Chili Cheese Nachos or Corn Dog&lt;br&gt;Vegetarian Beans&lt;br&gt;Tossed Salad w/ Italian Dressing&lt;br&gt;Variety Fruit</td>
<td>Pepperoni Pizza or Cheese Pizza&lt;br&gt;Spicy Jicama Sticks&lt;br&gt;Tossed Salad w/ Ranch Dressing&lt;br&gt;Variety Fruit</td>
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<td>Macaroni &amp; Cheese or Chicken Nuggets&lt;br&gt;Carrots w/ Ranch Dressing&lt;br&gt;Tossed Salad w/ Ranch Dressing&lt;br&gt;Variety Fruit</td>
<td>Hawaiian Chicken w/ Rice &amp; Roll or Grilled Ham and Cheese Sandwich&lt;br&gt;Mixed Vegetables&lt;br&gt;Tossed Salad w/ Ranch Dressing&lt;br&gt;Variety Fruit</td>
<td>Cheesy Breadsticks w/ Marinara Sauce or Grilled Chicken Sandwich&lt;br&gt;Broccoli w/ Ranch Dressing&lt;br&gt;Tossed Salad w/ Ranch Dressing&lt;br&gt;Variety Fruit</td>
<td>Tincher Beef Soft Taco or Hamburger&lt;br&gt;Southwest Black Beans&lt;br&gt;Lettuce &amp; Pickles w/ Italian Dressing&lt;br&gt;Variety Fruit</td>
<td>Galaxy Pizza (Cheese or Pepperoni)&lt;br&gt;Whole Kernel Corn&lt;br&gt;Tossed Salad w/ Ranch Dressing&lt;br&gt;Variety Fruit&lt;br&gt;Chocolate Pudding</td>
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**Offered Daily:**
- 8 oz. Low Fat Milk
- 8 oz. Non Fat Chocolate Milk

**Additional Entree:**
- 8 oz. Low Fat Yogurt w/ Granola

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**Zesty Asian Chicken Salad**

Makes 4 servings. 1 cup per serving. Prep time: 20 minutes

**Ingredients:**
- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame seed salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature.

**Source:** [www.harvestofthemonth.com](http://www.harvestofthemonth.com)

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**Key:**
- Meatless
- Whole Grain-Rich
- May Contain Pork
- New Menu Item
- Fresh Baked

**Percentage of Calories from Saturated Fat:**
- Dec. 2-6 = 8.0%
- Dec. 9-13 = 8.3%
- Dec. 16-20 = 9.0%


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This institution is an equal opportunity provider.