Paramount Unified School District

# High School Breakfast Menu — November 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>Super Donut<br>Parfait<br>Bagel w/Cream Cheese | **3**<br>Muffin<br>Smoothie w/Cracker<br>Bagel w/Cream Cheese | **4**<br>Eggs, Turkey Bacon w/ French Toast Pancakes<br>Bagel w/Cream Cheese | **5**<br>NEW! Banana Split<br>Hot Oatmeal Bar<br>Croissant'wich | **6**<br>Pumpkin Bread<br>Parfait<br>Bagel w/Cream Cheese |
| **9**<br>Pan Dulce<br>Parfait<br>Cereal w/String Cheese | **10**<br>Mini Donuts<br>Overnight Oats<br>Cereal w/String Cheese | **11**<br> | **12**<br>Cinnamon Roll<br>Smoothie w/Cracker<br>Cereal w/String Cheese | **13**<br>Peach Cobbler Muffin Square<br>Pop-Tart<br>Cereal w/String Cheese |
| **16**<br>Super Donut<br>Parfait<br>Bagel w/Cream Cheese | **17**<br>Muffin<br>Smoothie w/Cracker<br>Bagel w/Cream Cheese | **18**<br>Eggs, Turkey Bacon w/ French Toast Pancakes<br>Bagel w/Cream Cheese | **19**<br>NEW! Banana Split<br>Hot Oatmeal Bar<br>Croissant'witch | **20**<br>Fall Special<br>Parfait<br>Bagel w/Cream Cheese |
|  | **Break 11/23 – 11/27** | | | |
| **30**<br>Pan Dulce<br>Parfait<br>Cereal w/String Cheese | **1 December**<br>Mini Donuts<br>Overnight Oats<br>Cereal w/String Cheese | **2 December**<br>Eggs, Chicken Sausage Patty w/ Funnel Cake Waffle<br>Cereal w/String Cheese | **3 December**<br>Cinnamon Roll<br>Smoothie w/Cracker<br>Cereal w/String Cheese | **4 December**<br>Peach Cobbler Muffin Square<br>Pop-Tart<br>Cereal w/String Cheese |
| **Menu S… …nge** | **Offered Daily: Tater Tots, Seasonal Fruit Bar, 100% Fruit Juice, 1% White Milk and Non-Fat Chocolate Milk.** | | | |

FREE

**Breakfast served daily for all PUSD students.**

"This institution is an equal opportunity provider."

**Paramount Unified School District**

# High School Lunch Menu — November 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>Chicken Wings w/<br>Papa John's Pizza | **3**<br>Nachos<br>Spanish Rice<br>Refried Beans | **4**<br>Pozole<br>Tortilla Chips<br>Vegetable Bar | **5**<br>Paradise Pizza<br>Papa John's Pizza<br>Caesar Salad | **6**<br>Cafe Brunch<br>Chicken **OR** Rebellyous<br>Kickin' Tenders (V)<br>N' Waffles<br>Deli Baked Potatoes |
| **9**<br>Spaghetti &<br>Papa John's Pizza | **10**<br>Chicken Tamale<br>Spanish Rice<br>Refried Beans | **11**<br> | **12**<br>Orange Chicken<br>Teriyaki Chicken<br>w/Steamed Rice | **13**<br>Papa John's Pizza<br>Peanut Butter & Jelly<br>Sandwich |
| **16**<br>Chicken Wings w/<br>Papa John's Pizza | **17**<br>Pozole<br>Tortilla Chips<br>Vegetable Bar | **18**<br>BYO Burger<br>Fries<br>Baked Beans | **19**<br>Thanksgiving Luncheon<br>Chicken Drumstick<br>**OR** Turkey Gravy<br>Mashed Potatoes<br>Dinner Roll | **20**<br>Fall Special<br>Peanut Butter & Jelly<br>Sandwich<br>Parfait |
|  | **Break 11/23 – 11/27** | | | |
| **30**<br>Spaghetti &<br>Papa John's Pizza | **1 December**<br>Chicken Tamale<br>Spanish Rice<br>Refried Beans | **2 December**<br>Hot Chicken Strips<br>Garlic Knot<br>Waffle Fries | **3 December**<br>Ramen<br>Dumplings (6 pcs)<br>Toppings Bar | **4 December**<br>Chicken Drumstick<br>**OR** Turkey Gravy<br>Mashed Potatoes<br>Dinner Roll |
| **Menu Subject to Change** | **Offered Daily: Entrée, Seasonal Vegetable, Fresh Fruit, and a variety of Milk.** | | | |

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# Cruiser Carts & Windows

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Week 1: 8/10, 8/24, 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 12/7, 1/11, 1/25, 2/8, 2/22, 3/3, 3/22 4/12, 4/26, 5/10, 5/24 | | | | |
| Featured Entree<br>Sesame Chicken Salad w/Chip<br>Turkey & Cheese Sandwich w/Chip<br>Cheeseburger<br>Famous Chicken Bowl | Featured Entree<br>Sesame Chicken Salad w/Cookie<br>Ham & Cheese Sandwich w/Cookie<br>Spicy Chicken Sandwich<br>Orange Chicken Bowl | Featured Entree<br>Sesame Chicken Salad w/Chip<br>Turkey & Cheese Sandwich w/Chip<br>Cheeseburger<br>Famous Chicken Bowl | Featured Entree<br>Sesame Chicken Salad w/Cookie<br>Ham & Cheese Sandwich w/Cookie<br>Spicy Chicken Sandwich<br>Nacho Plate | Featured Entree<br>Sesame Chicken Salad w/Chip<br>Turkey & Cheese Sandwich w/Chip<br>Cheeseburger<br>Orange Chicken Bowl |
| Week 2: 8/17, 8/31, 9/14, 9/28, 10/12, 10/26, 11/9, 11/30, 12/14, 1/18, 2/1, 2/15, 3/1, 3/15, 4/5, 4/19, 5/3, 5/17, 5/31 | | | | |
| Featured Entree<br>Spicy Chicken Salad w/Chip<br>Turkey & Cheese Sandwich w/Chip<br>Cheeseburger<br>Famous Chicken Bowl | Featured Entree<br>Spicy Chicken Salad w/Cookie<br>Ham & Cheese Sandwich w/Cookie<br>Spicy Chicken Sandwich<br>Orange Chicken Bowl | Featured Entree<br>Spicy Chicken Salad w/Chip<br>Turkey & Cheese Sandwich w/Chip<br>Cheeseburger<br>Famous Chicken Bowl | Featured Entree<br>Spicy Chicken Salad w/Cookie<br>Ham & Cheese Sandwich w/Cookie<br>Spicy Chicken Sandwich<br>Nacho Plate | Featured Entree<br>Spicy Chicken Salad w/Chip<br>Turkey & Cheese Sandwich w/Chip<br>Cheeseburger<br>Orange Chicken Bowl |