



Cycle 1

Cycle 2

CALIFORNIA STATE UNIVERSITY, LONG BEACH

PARKSIDE DINING

Menu Cycles

FALL 2020 - SPRING 2021

Cycle 3

Cycle 4

Cycle 5

Menu Cycle Dates

| Spring 2021 | | Spring 2021 | |
|-------------|---------|-------------|---------|
| Week Of | | Week Of | |
| Aug 24 | Cycle 1 | Jan 18 | Cycle 1 |
| Aug 31 | Cycle 2 | Jan 25 | Cycle 2 |
| Sept 7 | Cycle 3 | Feb 1 | Cycle 3 |
| Sept 14 | Cycle 4 | Feb 8 | Cycle 4 |
| Sept 21 | Cycle 5 | Feb 15 | Cycle 5 |
| Sept 28 | Cycle 1 | Feb 22 | Cycle 1 |
| Oct 5 | Cycle 2 | Mar 1 | Cycle 2 |
| Oct 12 | Cycle 3 | Mar 8 | Cycle 3 |
| Oct 19 | Cycle 4 | Mar 15 | Cycle 4 |
| Oct 26 | Cycle 5 | Mar 22 | Cycle 5 |
| Nov 2 | Cycle 1 | Apr 5 | Cycle 1 |
| Nov 9 | Cycle 2 | Apr 12 | Cycle 2 |
| Nov 16 | Cycle 3 | Apr 19 | Cycle 3 |
| Nov 30 | Cycle 4 | Apr 26 | Cycle 4 |
| Dec 7 | Cycle 5 | May 3 | Cycle 5 |

Menu items may be subject to change

Parkside CYCLE

1

Selections Always Available

Breakfast:

- Oatmeal
- Local Fruit
- Scrambled Eggs **(E)**
- Cereal Bar

Lunch:

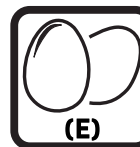
- Grab and Go Salads
- Chef's Choice
- Grab and Go Sandwiches
- Pepperoni and Cheese Pizzas
- Ala Carte from the Grill
Chicken Breast, Hamburger
and Quesadillas
- Dessert Baker's Choice

Dinner:

- Grab and Go Salads
- Chef's Choice
- Grab and Go Sandwiches
- Pepperoni and Cheese Pizzas
- Ala Carte from the Grill
Chicken Breast, Hamburger
and Quesadillas
- Dessert Baker's Choice

**ADDITIONAL OPTIONS AVAILABLE
AND LISTED ON FOLLOWING PAGE.**

ALLERGENS



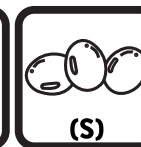
(E)

Eggs



(M)

Milk



(S)

Soy



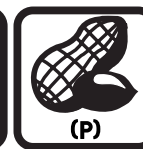
(W)

Wheat



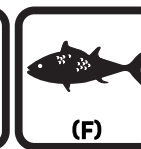
(SF-C)

Shellfish
Crustacean



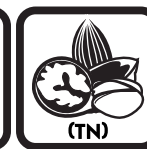
(P)

Peanuts



(F)

Fish



(TN)

Tree Nuts

*Menu Subject to Change

Parkside CYCLE 2

Selections Always Available

Breakfast:

- Oatmeal
- Local Fruit
- Scrambled Eggs **(E)**
- Cereal Bar

Lunch:

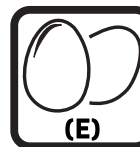
- Grab and Go Salads
- Chef's Choice
- Grab and Go Sandwiches
- Pepperoni and Cheese Pizzas
- Ala Carte from the Grill
Chicken Breast, Hamburger
and Quesadillas
- Dessert Baker's Choice

Dinner:

- Grab and Go Salads
- Chef's Choice
- Grab and Go Sandwiches
- Pepperoni and Cheese Pizzas
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and Quesadillas
- Dessert Baker's Choice

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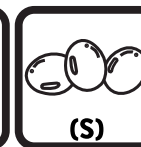
(E)

Eggs



(M)

Milk



(S)

Soy



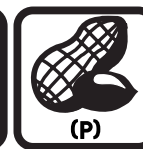
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Wheat



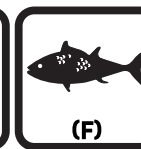
(SF-C)

**Shellfish
Crustacean**



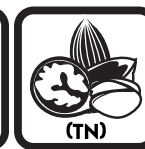
(P)

Peanuts



(F)

Fish



(TN)

Tree Nuts

*Menu Subject to Change

Selections Always Available

Breakfast:

- Oatmeal
- Local Fruit
- Scrambled Eggs **(E)**
- Cereal Bar

Lunch:

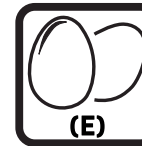
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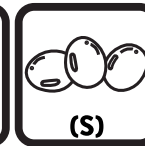
(E)

Eggs



(M)

Milk



(S)

Soy



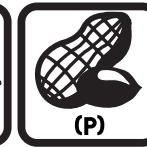
(W)

Wheat



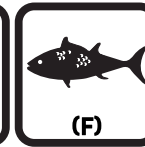
(SF-C)

Shellfish
Crustacean



(P)

Peanuts



(F)

Fish



(TN)

Tree Nuts

*Menu Subject to Change

Parkside CYCLE

4

Selections Always Available

Breakfast:

- Oatmeal
- Local Fruit
- Scrambled Eggs **(E)**
- Cereal Bar

Lunch:

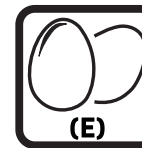
- Grab and Go Salads
- Chef's Choice
- Grab and Go Sandwiches
- Pepperoni and Cheese Pizzas
- Ala Carte from the Grill
Chicken Breast, Hamburger
and Quesadillas
- Dessert Baker's Choice

Dinner:

- Grab and Go Salads
- Chef's Choice
- Grab and Go Sandwiches
- Pepperoni and Cheese Pizzas
- Ala Carte from the Grill
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- Dessert Baker's Choice

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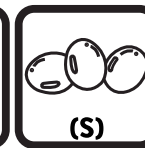
(E)

Eggs



(M)

Milk



(S)

Soy



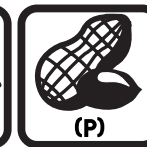
(W)

Wheat



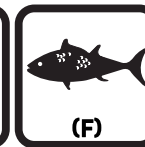
(SF-C)

**Shellfish
Crustacean**



(P)

Peanuts



(F)

Fish



(TN)

Tree Nuts

*Menu Subject to Change

Selections Always Available

Breakfast:

- Oatmeal
- Local Fruit
- Scrambled Eggs **(E)**
- Cereal Bar

Lunch:

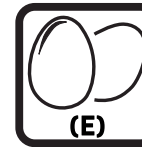
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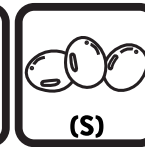
(E)

Eggs



(M)

Milk



(S)

Soy



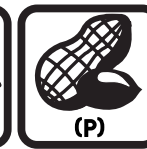
(W)

Wheat



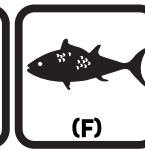
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Shellfish
Crustacean



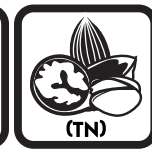
(P)

Peanuts



(F)

Fish



(TN)

Tree Nuts

*Menu Subject to Change

