

# Harvest of the Month

For a Healthy California

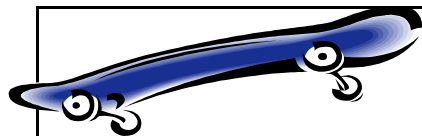


**Welcome Back!**

We've been hard at work developing menus that your child(ren) will enjoy eating and will fit into a healthy diet. The milk and chicken we serve is hormone & antibiotic free!! We are, also, happy to offer several non meat entrees such as macaroni & cheese, cheese pizza, yogurt, PB&J pillows and more.

In addition to the entrée, our Produce Bar will be stocked full of an assortment of fine fresh fruits and vegetables daily. Most of the produce we use is grown in California. Your child will have the opportunity to sample baby carrots, kiwis, cucumbers and more throughout the school year.

Check out how these meals fit into your child's diet by going to the Food Service Department's website listed on the top of this page. You can access the nutritional information for all the menu items we serve by clicking on the Nutritional Analysis. In addition to the menus, this website contains the District's Wellness Policy, nutrition activities for students and parents, & more. Parents and students can depend on the Food Service Department to be their nutrition resource.



<http://www.tusd.org>













# September 2010

TORRANCE UNIFIED SCHOOL DISTRICT  
ELEMENTARY SCHOOLS

## Prepay for School Lunches Online !!

The USDA and the CDE are equal opportunity providers and employers.

Daily Milk Choices

Monday	Tuesday	Wednesday	Thursday	Friday						
		<b>8</b> Chef-Boyardee Beef Ravioli Garlic Breadstick Welcome Back Cookie  <i>Fruit and Vegetable Bar</i>	<b>9</b> Build your own Burger Fixin's on the Salad Bar Bag of Baked Chips  <i>Fruit and Vegetable Bar</i>	<b>10</b> "Papa John's" Cheese Pizza   <i>Fruit and Vegetable Bar</i>						
<b>13</b> Mini Corn Dogs Seasoned Green Beans Party Cookie  <i>Fruit and Vegetable Bar</i>	<b>14</b> Orange Chicken Fluffy Rice Fortune Cookie  <i>Fruit and Vegetable Bar</i>	<b>15</b> "Domino's " Cheese Pizza   <i>Fruit and Vegetable Bar</i>	<b>16</b> Chicken Patty on a Whole Wheat Bun Oven Baked Potato Wedges  <i>Fruit and Vegetable Bar</i>	<b>17</b> Galaxy Cheese Pizza Blue Raspberry 100% Frozen Juice Bar   <i>Fruit and Vegetable Bar</i>						
<b>20</b> Happy Birthday Tyson Chicken 'O's Oven Baked Tater Tots Happy Birthday Cupcake   <i>Fruit and Vegetable Bar</i>	<b>21</b> Nachos w/Refried Beans Mini Churro  <i>Fruit and Vegetable Bar</i>	<b>22</b> Cheeseburger Sliders Cowboy Corn   <i>Fruit and Vegetable Bar</i>	<b>23</b> Teriyaki Chicken Dippers Fluffy Rice Fortune Cookie  <i>Fruit and Vegetable Bar</i>	<b>24</b> "Papa John's" Cheese Pizza   <i>Fruit and Vegetable Bar</i>						
<b>27</b> 	<b>28</b> Brunch for Lunch Waffle Sticks Beef Sausage Patties Orange Juice  <i>Fruit and Vegetable Bar</i>	<b>29</b> "Domino's " Cheese Pizza   <i>Fruit and Vegetable Bar</i>	<b>30</b> Dodger Dog* Baked Beans   <i>Fruit and Vegetable Bar</i>							
<p><b>Three Alternative menu choices:</b></p> <ol style="list-style-type: none"> <li>Smuckers PBJ Pillow</li> <li>Cup of Yogurt</li> <li>Grilled Cheese Sandwich</li> </ol>		<p><b>Monitor your child's lunch account from home. Sign up now at <a href="http://www.mySchoolBucks.com">www.mySchoolBucks.com</a></b></p>		<p><b>Lunch</b></p> <table> <tr> <td>Paid</td> <td>\$3.00</td> </tr> <tr> <td>Reduced</td> <td>\$0.40</td> </tr> <tr> <td>Milk</td> <td>\$0.50</td> </tr> </table> <p>* Contains Pork **Menu Subject to change</p>	Paid	\$3.00	Reduced	\$0.40	Milk	\$0.50
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