

Harvest of the Month

Network for a Healthy California

Botanical name:
Beta vulgaris



Mandarin Beet Salad

Makes 32 servings at 1/4 cup each.
Ingredients:

- ~ 4 cups canned beets, drained
- ~ 2 cups canned mandarin oranges in 100% juice, drained (reserve 1/4 cup juice)
- ~ 2 cups of currants or raisins

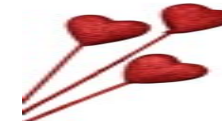
1. Combine beets, mandarins, currants, and 1/4 cup of reserved juice in a bowl. Mix well. Serve immediately or chilled.

Source: Network for a Healthy California, 2009.



February 2012

TORRANCE UNIFIED SCHOOL DISTRICT
ELEMENTARY SCHOOLS
LUNCH MENU



Prepay for School Lunches Online at mySchoolBucks.com

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

Daily Milk Choices

| MONDAY | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <p>Lunch</p> <p>Paid \$3.00 Reduced \$0.40 Milk \$0.50</p> <p>* Contains Pork **Menu Subject to change</p> | | <p>1 HAPPY BIRTHDAY "Domino's" Cheese Pizza</p> <p>Happy Birthday Cupcake Fruit and Vegetable Bar</p> | <p>2 NEW Teriyaki Beef Dippers Fluffy Rice Aloha Dinner Roll Fortune Cookie Fruit and Vegetable Bar</p> | <p>3</p> |
| <p>6 NEW! Menu Enchiladas Refried Beans Mini Churro</p> <p>Fruit and Vegetable Bar</p> | <p>7 Menu Planned by Ms. Lyu Dodger Dogs* Oven Baked Tater Tots</p> <p>Fruit and Vegetable Bar</p> | <p>8 3rd Grade Class Turkey & Gravy Mashed Potatoes Whole Wheat Dinner Roll Luigi's Sherbert</p> <p>Fruit and Vegetable Bar</p> | <p>9 Arlington Elementary Sloppy Joe on a Bun Bag of Baked Chips 100% Cherry Juice Bar</p> <p>Fruit and Vegetable Bar</p> | <p>10 School "Papa John" Cheese Pizza</p> <p>Fruit and Vegetable Bar</p> |
| <p>Lincoln Day</p> | <p>14 Valentine's Day Sweetheart Nuggets Oven Baked Tater Tots Sweetheart Cookie</p> <p>Fruit and Vegetable Bar</p> | <p>15 "Domino's" Cheese Pizza</p> <p>Fruit and Vegetable Bar</p> | <p>16 Brunch for Lunch Pancakes & Sausage Orange Juice</p> <p>Fruit and Vegetable Bar</p> | <p>17 Cheese Pizza Wedge</p> <p>Fruit and Vegetable Bar</p> |
| <p>Washington Day</p> | <p>21 Southwest Cheese Quesadilla Mexican Rice Mini Churro</p> <p>Fruit and Vegetable Bar</p> | <p>22 Washington's Birthday Oven Roasted Chicken Mashed Potatoes Whole grain Dinner Roll President's Cookie</p> <p>Fruit and Vegetable Bar</p> | <p>23 Mini Corndogs Ranch Beans</p> <p>Fruit and Vegetable Bar</p> | <p>24 "Papa John" Cheese Pizza</p> <p>Fruit and Vegetable Bar</p> |
| <p>27 Chicken Tenders Mashed Potatoes Biscuit</p> <p>Fruit and Vegetable Bar</p> | <p>28 Pepperoni & Cheese Little Bites Seasoned Green Beans</p> <p>Fruit and Vegetable Bar</p> | <p>29 Build your Own Tacos w/Shredded lettuce, Cheese & Salsa Mexican Rice Mini Churro</p> <p>Fruit and Vegetable Bar</p> | <p>Three Alternative menu choices:</p> <ol style="list-style-type: none"> Smuckers PBJ Pillow Cup of Yogurt Grilled Cheese Sandwich | <p>http://www.tusd.org</p> |