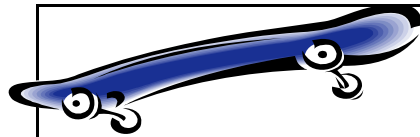




We've been hard at work developing menus that your child(ren) will enjoy eating and will fit into a healthy diet. The milk and chicken we serve are hormone & antibiotic free!! We are happy to offer several non meat entrees such as macaroni & cheese, cheese pizza, yogurt, PB&J pillows and more.

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

Check out how these meals fit into your child's diet by going to the Food Service Department's website at [tusd.org](http://tusd.org). You can access the nutritional information for all the menu items we serve by clicking on the Nutritional Analysis. In addition to the menus, our website contains the District's Wellness Policy, nutrition activities for students and parents, and more. Parents and students can depend on the Food Service Department to be their nutrition resources.



<http://www.tusd.org>














# September 2011

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   |
|---|--|--|--|--|
|   |  |  | 8<br><b>Welcome Back!</b><br>Chicken Nuggets<br>Oven Baked Tater Tots<br><i>Welcome Back Cookie</i><br><br><i>Fruit and Vegetable Bar</i>  | 9<br>Cheese Pizza<br><br><br><i>Fruit and Vegetable Bar</i>                               |
| 12<br>Bean & Cheese Burrito<br>Mexican Rice<br>Churro<br><br><i>Fruit and Vegetable Bar</i>   | 13<br>Chicken Tenders<br>Cowboy Corn<br>Aloha Roll<br><br><i>Fruit and Vegetable Bar</i> | 14 <b>Build Your Own</b><br>Hamburger<br>Bag of Baked Chips<br><i>Chocolate Chip Cookie</i><br><br><i>Fruit and Vegetable Bar</i>                                  | 15 <b>HAPPY BIRTHDAY</b><br>Oven Roasted Chicken<br>Mashed Potatoes<br>Whole Grain Roll<br><i>Happy Birthday Cup Cake</i><br><br><i>Fruit and Vegetable Bar</i>  | 16<br><b>"Papa John's"</b><br>Cheese Pizza<br><br><i>Fruit and Vegetable Bar</i>          |
| 19 <b>Dinosaur Day</b><br>Dino Nuggets<br>Oven Baked Tater Tots<br><i>Barney Cookie</i><br><br><i>Fruit and Vegetable Bar</i> | 20<br>Spaghetti w/Meat Sauce<br>Seasoned Green Beans<br>Garlic Bread Sticks<br><br><i>Fruit and Vegetable Bar</i>  | 21<br><b>"Domino's "</b><br>Cheese Pizza<br><br><i>Fruit and Vegetable Bar</i> | 22<br><b>Dodger Dog*</b><br>Baked Beans<br><br><i>Fruit and Vegetable Bar</i>  | 23<br>Bagel Pizza<br><br>Cookie's n Cream Ice Milk Bar<br><i>Fruit and Vegetable Bar</i> |
| 26<br>Chicken Drumsticks<br>Mashed Potatoes<br>Corn Bread Muffin<br><br><i>Fruit and Vegetable Bar</i>                       | 27<br>Corn Dog<br>Ranch Beans<br><br><i>Fruit and Vegetable Bar</i>  | 28<br><b>Land O' Lakes</b><br>Macaroni & Cheese<br>Seasoned Green Beans<br>Blue Raspberry Juice Bar<br><br><i>Fruit and Vegetable Bar</i>                          | 29<br><b>Build Your Own</b><br>Taco w/Shredded Lettuce,<br>Cheese & Salsa<br><i>Mini Churro</i><br><br><i>Fruit and Vegetable Bar</i> | 30<br><b>"Papa John's"</b><br>Cheese Pizza<br><br><i>Fruit and Vegetable Bar</i>        |
| <b>Three Alternative menu choices:</b><br>1. Smuckers PBJ Pillow<br>2. Cup of Yogurt<br>3. Grilled Cheese Sandwich  |    | <b>Monitor your child's lunch account from home. Sign up now at <a href="http://www.mySchoolBucks.com">www.mySchoolBucks.com</a></b>                               |  | <b>Lunch</b><br>Paid \$3.00<br>Reduced \$0.40<br>Milk \$0.50<br><br>* Contains Pork<br>**Menu Subject to change  |