

# BREAKFAST



## Hot Items

Breakfast Burrito filled with scrambled eggs, cheese & salsa

Breakfast Pizza topped with savory turkey sausage & mozzarella cheese on a whole-grain crust

Pancake on a Stick made with a whole-grain pancake & pork sausage

French Toast with a maple butter glaze



## From the Bakery

Bagels served with cream cheese

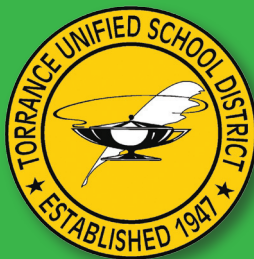
Glazed whole grain honey buns

Whole grain buttermilk breakfast bars

Assorted whole grain muffins

Cinnamon oatmeal breakfast bars

Start your day right with a wholesome, nutritious breakfast. All items are whole grain, low in fat and sugar and have no trans fat. Each breakfast includes your choice of entrée from above, fresh fruit, 100% juice and milk.



## Free & Reduced Meals

If you feel your child qualifies for free or reduced-price meals, you can complete an application online at [TUSDfoodservice.org](http://TUSDfoodservice.org), or pick up an application at your child's school office or the Nutrition Services office.

If you have questions, please contact the Nutrition Services office at (310) 972-6350.

**For nutrition tips, check out our website at [TUSDfoodservice.org](http://TUSDfoodservice.org)**

Good nutrition  
& learning go  
hand in hand!

**Torrance Unified School District Nutrition Services**

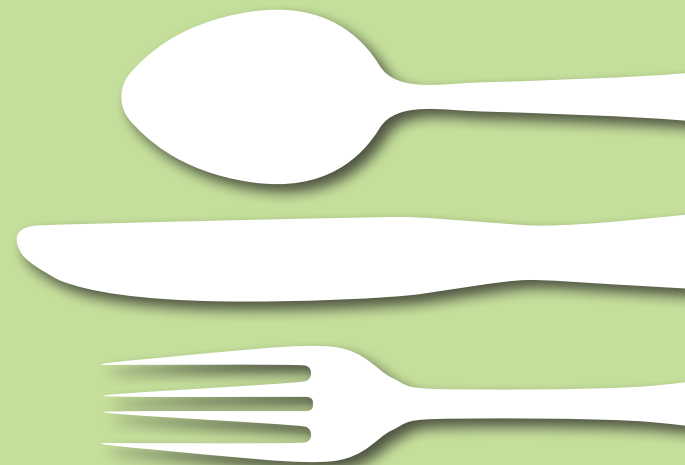
2335 Plaza del Amo, Torrance, CA 90509  
(310) 972-6350

USDA is an equal opportunity provider employer.

## Torrance Unified School District MIDDLE SCHOOL MENU



# FRESH EXPRESS



# BREAKFAST & LUNCH

**MY  
SCHOOL  
BUCKS**

**SAVE TIME & PRE-PAY!**  
[www.myschoolbucks.com](http://www.myschoolbucks.com)



## FRESH FROM THE GARDEN

A variety is served daily & choices include:

### Caesar Salad

romaine lettuce, parmesan cheese,  
croutons & chicken

### Chef Salad

lettuce, shredded cheddar, tomato,  
deli turkey & turkey ham

### Chinese Chicken Salad

lettuce, green onion, cucumber, chicken,  
Chinese noodles & fortune cookie

### Yogurt Parfait

creamy yogurt, crunchy granola & fruit

## FRESH FROM OUR DELI

Served on a whole-wheat hoagie with lettuce,  
pickle chips, baked chips and fruit.



- **Roasted Turkey  
& Provolone Cheese**
- **Smoked Ham & Cheese**
- **Tuna Salad**

All meals include a trip to the Garden Bar  
which is stocked with fresh produce and  
a choice of lowfat white, nonfat chocolate  
milk, or water.

## HOT OFF THE GRILL

Served on a whole-grain bun with lettuce  
& oven-baked seasoned fries

- **100% All-Beef Hamburger**
- **Spicy Chicken Sandwich**
- **Chris P. Chicken Breast Sandwich**

### Chicken Tenders

served with oven-baked seasoned fries

## INTERNATIONAL EXPRESS

### Pizza

hand-tossed with a variety of toppings

### Asian Rice Bowls

Served with brown rice,  
chicken & fresh vegetables

### Choices include:

Teriyaki • Spicy Sichuan  
Mandarin Orange

### Fiesta Fresh

Build your burrito or taco with a choice of  
toppings. Served with seasoned corn.

# EXTRAS

## FOUND ON THE RED CART



Domino's Pizza  
Pick Up Stix  
Ling's Rice Bowl  
Chris P. Chicken Sandwich  
Michael B's Burrito



Baked Chips  
Homemade Cookies  
Whole Grain Crackers  
Fresh Fruit



Bottled Water  
Capri Sun 100% fruit juice  
Sparkling Fruit Juice

## AND THESE ARE JUST A FEW OF YOUR CHOICES!

Go to [TUSDfoodservice.org](http://TUSDfoodservice.org) for current prices.  
These items are extras and not part of the  
reimbursable meal program.  
Not all items are offered daily.

