

# Breakfast



## TORRANCE UNIFIED SCHOOL DISTRICT MIDDLE SCHOOL MENU



### HOT ITEMS

#### Breakfast Burrito

Filled with scrambled eggs, cheese & salsa

#### Breakfast Pizza

Topped with savory turkey sausage & mozzarella cheese on a whole-grain crust

#### Whole-Grain Mini Pancakes

#### French Toast Sticks

With cinnamon glaze



### FROM THE BAKERY

Whole-grain bagels served with cream cheese

Whole-grain bakery-style breads and muffins

Assortment of oatmeal breakfast bars



#### Free & Reduced Meals

If you feel your child qualifies for free or reduced-priced meals, you can complete an application online at [tusd.org/nutrition-services](http://tusd.org/nutrition-services).

#### Save Time & Pay Online

You can add money to your student's account at [family.titank12.com](http://family.titank12.com) or at the school cafeteria by check or cash. If you have questions, please contact the Nutrition Services office at 310.972.6350.

For nutrition tips, check out our website at [tusd.org/nutrition-services](http://tusd.org/nutrition-services).

Supporting learning by promoting healthy habits that will last a lifetime!



**Torrance Unified School District  
Nutrition Services**  
2335 Plaza del Amo  
Torrance, CA 90509  
310.972.6350

This institution is an equal opportunity provider.

# Fresh Express



## Breakfast & Lunch

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 entree from above, fresh fruit, 100% juice and milk. Options may vary by site.

Students are not allowed to carry a negative balance. If your student has reached a \$0 balance, they will be provided an alternate meal.



**TITAN**  
SCHOOL SOLUTIONS

SAVE TIME & PAY ONLINE  
[FAMILY.TITANK12.COM](http://FAMILY.TITANK12.COM)

# Lunch



## 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

### Yogurt Parfait

Creamy low-fat yogurt, crunchy granola & fruit



## FRESH FROM OUR DELI

Served on a whole-grain roll with lettuce, tomatoes, pickle chips, baked chips & fresh fruit

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



## HOT OFF THE GRILL

Served on a whole-grain bun with oven baked seasoned french fries & your choice of toppings

- **100% All-Beef Hamburger**
- **Grilled Chicken Sandwich**
- **Crispy Chicken Sandwich**
- **Beef Rib-B-Q Sandwich**



## INTERNATIONAL EXPRESS

### Bistro Pizza

Whole-grain crust with a variety of toppings

### Asian Rice Bowls

Served with brown rice, chicken & fresh vegetables

### Choices include:

*Teriyaki • Mandarin Orange  
Korean BBQ*

### Fiesta Fresh

A variety of burritos or tacos with your choice of toppings & a side of rice & refried beans

## MANAGER'S SPECIALS OFFERED DAILY

# Extra



## FOUND ON THE RED CART

### Entrées

Domino's Pizza  
Pick Up Stix  
Ling's Rice Bowl  
Crispy Chicken Sandwich

### Snacks

Baked Chips  
Fresh Baked Cookies  
Whole-Grain Crackers  
Fresh Fruit

### Beverages

Bottled Water  
Caprisun 100% Juice  
Sparkling Fruit Juice

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



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

All items meet the federal nutrition guidelines for healthy meals.

Go to [tusd.org/nutrition-services](https://tusd.org/nutrition-services) for current prices. These items are extras and not part of the reimbursable meal program. Not all items are offered daily. Cash payment only. Student charge accounts cannot be used.