

Student Breakfast includes: Cereal, one entrée item, Milk, and choice of fresh fruit or fruit juice. Breakfasts may be pre-paid by week or month.

### LOMPOC UNIFIED SCHOOL DISTRICT

We reserve the right to make menu changes where necessary without prior notice.

Secondary Student Breakfast \$1.25  
 Reduced Student Breakfast - No Charge  
 Secondary Breakfast to NON-Students - \$1.75  
 8 oz Milk \$0.35  
 Yogurt Cup \$0.50

## Middle School Breakfast

## August/September 2008



### Tasty Salad Toppers

Sometimes people think green salad = lettuce = blah. Not so. The only limits to exciting salads are limits of the imagination.

Begin with salad greens. Enhance the eye appeal and nutrition of a salad by adding colorful fruits and vegetables. Keep it light by limiting the amount of salad dressing to about 1 tablespoon per 1 1/2 to 2 cups of greens. Then make the flavor really POP by adding some of the following ingredients. You can either put them atop or mix them in with your salad.

While some of these salad additions are higher in fat than others, just small amounts (about 1 tablespoon) can give extra flavor without too many calories. Also, many provide a nutrition boost! Add from one to three of these flavor accents, depending on how many other ingredients are in your salad.

1. Artichoke Hearts
2. Parmesan Cheese
3. Dried cranberries or cherries
4. Fresh Herbs – Basil or Dill
5. Fresh Apple or Pear Slices
6. Radishes
7. Toasted Sunflower Seeds
8. Mandarin Oranges

MON	TUE	WED	THU	FRI
		<b>August 20</b> Whole Grain Mini Muffin Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	21 Sausage & Cheese Sandwich Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	22 Whole Grain Danish Pastry Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk
25 Sausage & Cheese Sandwich Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	26 Whole Wheat Pop Tart Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	27 Whole Grain Mini Muffin Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	28 Pizza Bagel Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	29 Whole Wheat Breakfast Burrito Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk
<b>September 1 Labor Day</b> 	2 Cinnamon Texas Toast Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	3 Whole Grain Mini Muffin Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	4 Cinnamon Bun Plus Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	5 Pizza Bagel Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk
8 Sausage & Cheese Sandwich Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	9 Whole Wheat Pop Tart Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	10 Whole Grain Mini Muffin Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	11 Super Donut Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	12 Whole Wheat Breakfast Burrito Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk
15 Vitamin Fortified Buttermilk Bar Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	16 Cinnamon Texas Toast Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	17 Whole Grain Mini Muffin Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	18 Sausage & Cheese Sandwich Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	19 Whole Grain Danish Pastry Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk
22 Sausage & Cheese Sandwich Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	23 Whole Wheat Pop Tart Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	24 Whole Grain Mini Muffin Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	25 Pizza Bagel Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	26 Whole Wheat Breakfast Burrito Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk
29 Vitamin Fortified Buttermilk Bar Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk	30 Cinnamon Texas Toast Or Assorted Bagel Reduced Sugar Cereal Fruit or 100% Fruit Juice 1% Milk			<b>The USDA is an equal opportunity provider and employer.</b>