

Student lunch includes: entrée, vegetable, yogurt milk, and choice of fresh fruit or fruit juice.
Lunch 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 Lunch \$1.75

Reduced Student Lunch \$0.40

Secondary Lunch to NON-Students \$2.50

8 oz Milk \$0.35

Yogurt Cup \$0.50

Middle School Lunch


August-September 2008

Eggs and Your Health

Recent research has shown an egg a day will NOT increase the risk of heart disease or stroke for healthy individuals. Eggs are a source of high quality protein and are nutrient-dense, containing only 75 calories while providing several essential nutrients. Two carotenoids, lutein and zeaxanthin, are both abundant in egg yolks, and help protect against macular degeneration, the leading cause of blindness in Americans age 65 and older.

How to Cook Eggs Safety

Proper cooking as well as proper storage is important for egg safety. Cook eggs thoroughly so both yolks and whites are firm, not runny. Casseroles and dishes containing eggs should be cooked to 160 °F as measured by a food thermometer. Do not eat raw or undercooked eggs. Once eggs are hard-cooked, they should be refrigerated (in their shells) within 2 hours of cooking and used within a week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		AUGUST 20 Tuna Fish Sandwich Hot & Spicy Chicken Patty Pepperoni Pizza Bean & Cheese Burrito	21 Asian Chicken Salad Chicken Nuggets w/ Potatoes Pizza Hot Pocket Chicken Quesadilla	22 Chicken Caesar Salad Oven Fried Chicken/Potatoes Corn Dog Bean & Cheese Burrito
25 Spaghetti & Meatballs Mozzarella Max Sticks Pork BBQ Rib on Wheat Bun Bean & Cheese Burrito	26 Turkey Ham & Cheese Wrap Hot & Spicy Chicken Patty Mini Cheeseburgers Bean & Cheese Burrito	27 Turkey Deli Sandwich Chicken Patty on Bun Pepperoni Pizza Bean & Cheese Burrito	28 Southwest Salad Taco Nada Hamburger or Cheeseburger Taco Snack	29 Chef Salad Pizza Hot Pocket Hot & Spicy Chicken Patty Bean & Cheese Burrito
SEPTEMBER 1 Labor Day 	2 Deli Sandwich Chicken Tenders & Potatoes Mini Cheeseburgers Bean & Cheese Burrito	3 Southwestern Chicken Wrap Hamburger or Cheeseburger Pepperoni Pizza Bean & Cheese Burrito	4 Chef's Salad Hot & Spicy Chicken Patty Macaroni & Cheese Chicken Quesadilla	5 Asian Chicken Salad Spaghetti & Meatball Cheese Pizza Bean & Cheese Burrito
8 Pizza Hot Pocket Grilled Cheese Hamburger or Cheeseburger Bean & Cheese Burrito	9 Chicken & Cheese Fajita Mini Cheeseburgers Hot & Spicy Chicken Patty Bean & Cheese Burrito	10 Deli Sandwich Pepperoni Pizza Pork Rib BBQ on Wheat Bun Bean & Cheese Burrito	11 Chicken Caesar Salad Pizza Nada Chicken Nuggets w/ Potatoes Taco Snack	12 Southwest Salad Chicken Patty on Bun Cheese Pizza Bean & Cheese Burrito
15 Pizza Hot Pocket Chili Cheese Dog Macaroni & Cheese Bean & Cheese Burrito	16 PB&J Uncrustable Mini Cheeseburgers Chicken Patty on a Bun Bean & Cheese Burrito	17 Tuna Fish Sandwich Hot & Spicy Chicken Patty Pepperoni Pizza Bean & Cheese Burrito	18 Asian Chicken Salad Chicken Nuggets w/ Potatoes Pizza Hot Pocket Chicken Quesadilla	19 Chicken Caesar Salad Oven Fried Chicken/Potatoes Corn Dog Bean & Cheese Burrito
22 Spaghetti & Meatballs Mozzarella Max Sticks Pork BBQ Rib on Wheat Bun Bean & Cheese Burrito	23 Turkey Ham & Cheese Wrap Hot & Spicy Chicken Patty Mini Cheeseburgers Bean & Cheese Burrito	24 Deli Sandwich Chicken Patty on Bun Pepperoni Pizza Bean & Cheese Burrito	25 Southwest Salad Taco Nada Hamburger or Cheeseburger Taco Snack	26 Chef Salad Pizza Hot Pocket Hot & Spicy Chicken Patty Bean & Cheese Burrito
29 PB&J Uncrustable Grilled Cheese Sandwich Pork BBQ Rib on Wheat Bun Bean & Cheese Burrito	30 Deli Sandwich Chicken Tenders & Potatoes Mini Cheeseburgers Bean & Cheese Burrito	The USDA is an equal opportunity employer and provider.		