

Breakfast



TORRANCE UNIFIED SCHOOL DISTRICT
HIGH 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

Breakfast Sandwich

Whole-grain muffin or croissant with your choice of bacon, sausage or ham



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.

Save Time & Pay Online
You can add money to your student's account at 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.

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](https://family.titank12.com)

Lunch



FRESH FROM THE GARDEN

A variety is served daily & choices include:

Veggie Salad

Lettuce, tomatoes, bell peppers, beans & croutons

Caesar Salad

Romaine lettuce, parmesan cheese, croutons & chicken

Southwest Salad

Lettuce, shredded cheddar, tomato, beans, corn, cilantro & fajita chicken

Chinese Chicken Salad

Lettuce, green onion, cucumber, chicken & Chinese noodles

Yogurt Parfait

Creamy low-fat yogurt, crunchy granola & fruit

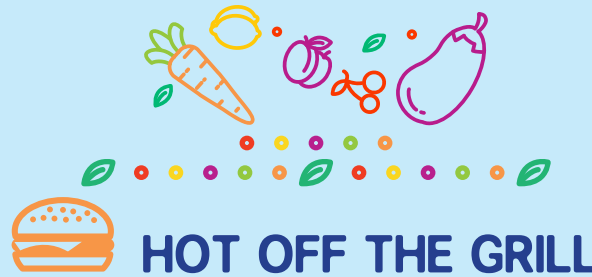


FRESH FROM OUR DELI

Served on a whole-grain roll with lettuce, tomatoes, pickle chips, Lay's potato chips & fresh 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 low-fat white milk, nonfat chocolate milk or water.



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

Pasta Express

Served with garlic breadstick

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
Sweet Chili Thai • Korean BBQ*

Fiesta Fresh

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

All items meet the federal nutrition guidelines for healthy meals.

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
G2 Gatorade
Naked Juice
Sparkling Fruit Juice

AND THESE ARE JUST A FEW OF YOUR CHOICES!



Go to 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.