



TORRANCE UNIFIED SCHOOL DISTRICT

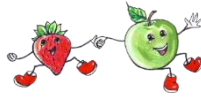
# Nutrition Services Department

*Supporting Learning by Promoting Healthy Habits That Will Last a Lifetime!*

## Meal Prices

Elementary Breakfast	\$2.00
Elementary Lunch	\$3.50
Middle School Breakfast	\$2.25
Middle School Lunch	\$4.00
High School Breakfast	\$2.50
High School Lunch	\$4.25

## Good Nutrition and Learning go Hand in Hand



The Nutrition Service department is made up of a team of food and nutrition professionals that are dedicated to students' health, well-being and their ability to learn. We support learning by promoting healthy habits for lifelong nutrition and fitness practices.

Our district participates in the National School Lunch Program and School Breakfast Program to provide nutritious meals while following strict national and state nutrition guidelines. All meals, food and beverages sold and served on campus meet state and federal requirements which are based on the USDA Dietary Guidelines from MyPlate. For more info, go to [www.choosemyplate.gov](http://www.choosemyplate.gov).

## Free or Reduced-Price Meals for Qualifying Families

To find out if a student is eligible for free or reduced price meals households are encouraged to apply annually. Applications expire every October.

- To apply, go to [tusd.org/nutrition-services](http://tusd.org/nutrition-services) and click on the Titan logo.
- Applications are available year-round.
- Families that qualify for free or reduced lunch also receive free or reduced breakfast at participating schools.
- See the back of this flyer for frequently asked questions and more information.

## Titan School Solutions



Parents are encouraged to sign up for a Titan account to add funds to student meal accounts, apply for free or reduced price meals, and track student transactions. You can access Titan from any computer, tablet or mobile device. Go to [tusd.org/nutrition-services](http://tusd.org/nutrition-services) and click on the Titan logo.

## Meal Charge Policy

All students who are qualified for free or reduced price meals will be provided meals and charged the appropriate rate (reduced priced is \$.25 for breakfast and \$.40 for lunch) regardless of balance owed.

## Prepayment Options

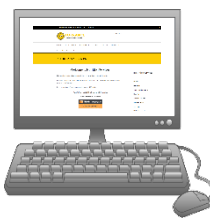
Take advantage of the prepayment options. Prepaid meals help lunch lines go faster and give students more time to eat, relax, and play. You can pay online via Titan or send cash or check to the school cafeteria.



## Check Our Website for More Information

[tusd.org/nutrition-services](http://tusd.org/nutrition-services)

- Meal Applications
- Payment Options
- School Menus
- Wellness Policy
- Resource Guide
- Catering Information



Students who are not qualified for free or reduced price meals will be charged full price. Students that do not have sufficient funds will still be served a complete meal of their choice regardless of the level of debt incurred by the household. The student's meal account will accrue a negative balance until the account is paid in full. Snacks, beverages, second lunches, and a la carte items may not be charged in to the negative balance.

Households are responsible for all meal charges accrued throughout the school year. Balance notifications (phone, text, email) will be sent multiple times per week to keep households informed of balances owed. Account deposits, payments, and monitoring may be done online at: [tusd.org/nutrition-services](http://tusd.org/nutrition-services) by clicking on the Titan logo, at the school site, or in the Nutrition Services Office. If a payment plan is needed, please contact the Nutrition Services Office to make the necessary arrangements.

## School Menus

You can easily view information about what is on our menu each day, as well as nutrition information. Our innovative and interactive site and mobile app make our menus more convenient and informative than ever before! Menus can be accessed at: [tusd.nutrislice.com](http://tusd.nutrislice.com)



Please contact Nutrition Services for more information!  
2335 Plaza del Amo Torrance, CA 90509 (310) 972-6350  
Email: [nutritionservices@tusd.org](mailto:nutritionservices@tusd.org)

