

TUSD
Fresh
EXPRESS



November 2017



Prepay online at family.titank12.com

TORRANCE UNIFIED SCHOOL DISTRICT ELEMENTARY LUNCH MENU



Check out our Salad Bar Station offered daily with seasonal fresh fruits and vegetables!

Daily Milk & Juice Choices

Did you know that TUSD offers ALL the elements of a healthy diet to keep your kids strong & healthy?

Look for these symbols next to your favorite menu items to find out all of the healthy options offered on the November menu!

- = Whole Grain
- = Low Fat
- = Smart Snack Dessert
- = Meatless
- = Contains Pork

For more information, please check out the back side of the menu!



Students must select three of the five food groups. One choice must be fruits or vegetables.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Alternative Menu Choices:</p> <ol style="list-style-type: none"> PB&J Sandwich Cup of Yogurt Grilled Cheese Entrée Salad (Mon-Thur) 	<p>Lunch Pricing:</p> <p>Paid \$3.00 Reduced \$0.40 Milk \$0.50</p> <p>**Menu Subject to Change</p>	<p>1 Beef Teriyaki Dippers Brown Rice Applesauce Fortune Cookie </p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>2 Roasted Turkey Sandwich Baked Chips Mixed Fruit</p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>3 Domino's Smart Slice Cheese Pizza Applesauce</p> <p><i>Fresh Fruit & Veggie Station</i></p>
<p>6 Meatless Monday Italian Cheesy Bread with Marinara Sauce Fresh Apple Slices</p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>7 Tyson Oven Baked Chicken Nuggets Emoji Fries Roll </p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>8 Dodger Dog BBQ Baked Beans</p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>9 Crispy Chicken Sandwich Baked Potato Wedges</p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>10</p> <p>No School TODAY!</p>
<p>13 Meatless Monday Cheese Quesadilla Refried Beans</p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>14 Baja Fish Nuggets Waffle Net Fries Star Cookie </p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>15 Brunch for Lunch Waffle Sticks Lean Beef Sausage Applesauce</p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>16 Breaded Chicken Drumsticks Mashed Potatoes Roll Crispy Treat </p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>17 Domino's Smart Slice Cheese Pizza Mixed Fruit</p> <p><i>Fresh Fruit & Veggie Station</i></p>
<p>20 Meatless Monday Mac & Cheese Garlic Breadstick Fresh Apple Slices</p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>21 Gobble, Gobble, Crunchy Taco! Crunchy Turkey Tacos with Salsa, Lettuce and Cheese Refried Beans Thanksgiving Cookie </p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>22</p> <p>No School TODAY!</p>	<p>24</p> <p>Happy Thanksgiving</p>	
<p>27 Meatless Monday Bean & Cheese Burrito Sweet Corn Cinnamon Churro </p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>28 Chicken Smackers Mashed Potatoes Biscuit </p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>29 Brunch for Lunch Cinnamon French Toast Lean Beef Sausage Applesauce</p> <p><i>Fresh Fruit & Veggie Station</i></p>	<p>30 Cheeseburger or Hamburger Oven Baked Seasoned Fries</p> <p><i>Fresh Fruit & Veggie Station</i></p>	