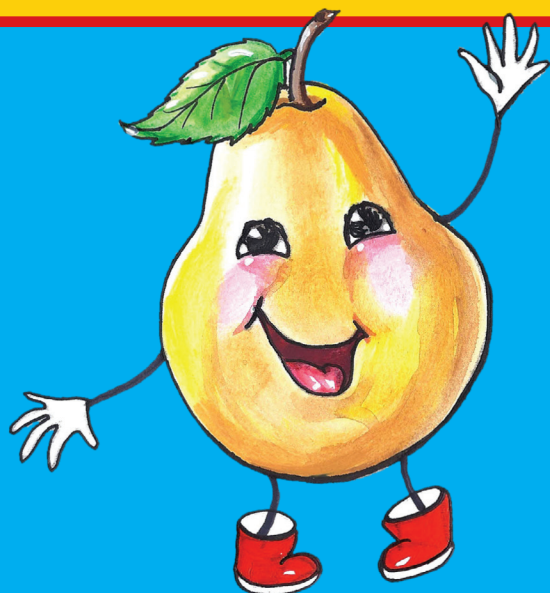


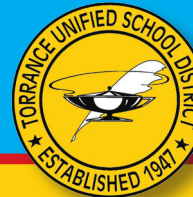


# FUEL UP NOW!

OFFERING UP MORE  
FOOD CHOICES DAILY.



Have a delicious breakfast  
**every day**  
at school  
**WITH YOUR FRIENDS!**



# RISE & SHINE!

## Free & Reduced Meals

If you feel your child qualifies for free or reduced-price meals, you can complete an application online at [TUSDfoodservice.org](http://TUSDfoodservice.org).

## Save Time & Pre-pay

You can add money to your student's account at [family.titank12.com](http://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  
[TUSDFOODSERVICE.ORG](http://TUSDFOODSERVICE.ORG)**

**GOOD NUTRITION  
& LEARNING GO  
HAND IN HAND!**

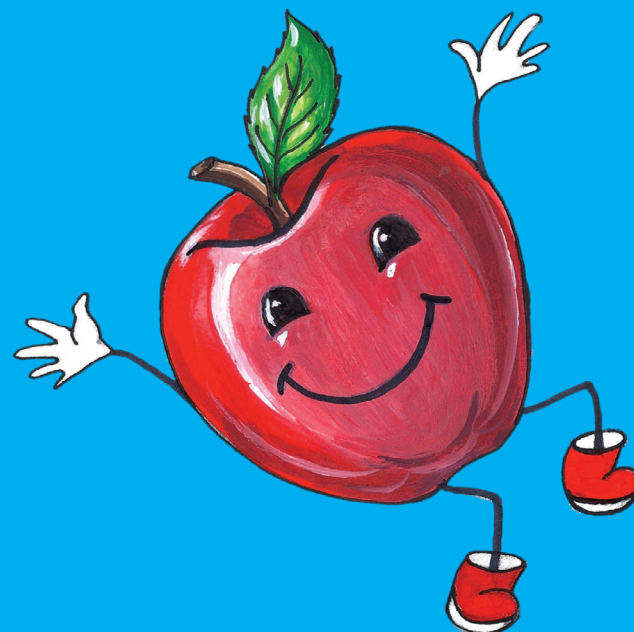


**TITAN**  
SCHOOL SOLUTIONS

**Torrance Unified School District Nutrition Services**

2335 Plaza del Amo, Torrance, CA 90509  
(310) 972-6350

This institution is an equal opportunity provider.



With the  
**TORRANCE UNIFIED  
SCHOOL DISTRICT**  
Student Breakfast Program

# Torrance Unified School District Student Breakfast Program

## GOOD FOR THE BODY! GREAT FOR THE BRAIN!



### BREAKFAST MENU!

At least four entrée options are offered daily:

**2 HOT & 2 COLD**

#### HOT ITEMS . . .

Pancake on a Stick made with a whole-grain pancake & pork sausage

Breakfast Pizzas topped with savory turkey sausage & mozzarella cheese on a whole-grain crust

Egg and Cheese Sandwich on a whole-grain biscuit

#### . . . FROM THE BAKERY

Bagels served with Cream Cheese  
Glazed Whole-Grain Honey Buns  
Buttermilk Bars Made with Whole Grains  
Assorted Whole-Grain Muffins  
Flavored Oatmeal Breakfast Bars  
Assorted Whole-Grain Cereals

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 an entrée from above, fresh fruit, 100% juice and milk.

Eligible students can receive their meals for 25¢ or free depending on their status.

**ALL FOR  
JUST \$1.50**



All meals are approved by a Registered Dietitian & comply with the nutrition goals of USDA's School Breakfast Program nutrient standards. Options may vary by site.