



Breakfast Includes:

- Oatmeal or Low Sugar, Whole Grain Cereals
- Fresh fruit
- 100% Real Fruit Juice
- 1% Milk

And your choice of one Breakfast Entrée:

Monday

Sausage & Cheese Sandwich
Assorted Bagel with Cream Cheese

Tuesday

Breakfast Hot Pocket
Assorted Bagel with Cream Cheese
Scrambled Eggs with Potatoes

Wednesday

Breakfast Wrap
Assorted Bagel with Cream Cheese

Thursday

Sausage & Cheese Sandwich
Assorted Bagel with Cream Cheese
Yogurt Bar

Friday

Pizza Bagel
Assorted Bagel with Cream Cheese



**Lompoc Unified School District
Child Nutrition Services**

**Visit our website at: www.lusd.org
or call (805) 742-3351**

Manager

Kathy Bertelsen, RD

Supervisor/Nutrition Specialist

Michelle MacKinnon, RD



The USDA is an equal opportunity provider and employer.

The Cong Cafe

February Menu



Breakfast Prices

Student Price: \$1.25
Reduced Price: Free
Staff Price: \$1.75

Lunch Prices

Student Price: \$3.00
Reduced Price: \$0.40
Staff Price: \$3.50

Monday, Wednesday & Friday

Chicken & Rice Burrito
 Bean & Cheese Burrito
 Chicken Hard Taco
 Chicken Soft Taco
 Nachos



Tuesday & Thursday

Chili Cheese Burrito
 Bean & Cheese Burrito
 Beef Hard Taco
 Beef Soft Taco
 Nachos



**Monday & Wednesday
Taco Bar**

**Tuesday & Thursday
Pasta Bar**

Friday

Roast Turkey, Mashed Potatoes & Gravy with Corn



Monday & Wednesday

Hot & Spicy Chicken Patty on Wheat Bun
 Chicken Nuggets or Spicy Chicken Tenders & Potato Puffs
 Mini Cheeseburgers

Tuesday

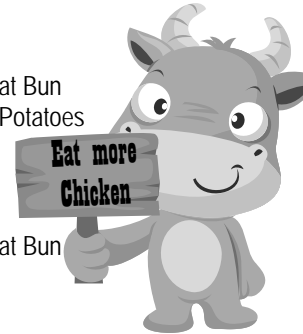
Hot & Spicy Chicken Patty on Wheat Bun
 Spice Rubbed Chicken & Roasted Potatoes
 BBQ Pork Rib Patty

Thursday

Hot & Spicy Chicken Patty on Wheat Bun
 Enchiladas
 BBQ Pork Rib Patty

Friday

Hot & Spicy Chicken Patty on Wheat Bun
 Spice Rubbed Chicken & Roasted Potatoes
 Mini Cheeseburgers



Monday

Chicken Caesar Salad
 Turkey & Cheese Sub
 Yogurt Parfait

Tuesday

Southwestern Salad
 Turkey Ham & Cheese Sub
 Yogurt Parfait

Wednesday

Chef Salad
 Turkey & Cheese Sub
 Yogurt Parfait

Thursday

Southwestern Salad
 Turkey Ham & Cheese Sub
 Yogurt Parfait

Friday

Chicken Caesar Salad,
 Pastrami & Cheese Sub,
 Yogurt Parfait



Monday, Wednesday & Friday

Orange Chicken
 with steamed vegetables
 and your choice of
 white or brown rice

Tuesday & Thursday

Teriyaki Pork
 with steamed vegetables
 and your choice of
 white or brown rice

A Spoonful of Sugar

Although the new *Dietary Guidelines for Americans* don't set a specific cap on sugar, it's a good idea to try to limit portions, of sugary foods such as candy, regular soda, juices that aren't 100% fruit juice, cakes, cookies and sugary cereals. Excess calories can lead to unwanted weight gain. Center for Disease Control (CDC) has ranked obesity as the number one health risk facing Americans.

The Dietary Reference Intake Reports of the National Academy of Sciences Food and Nutrition boards currently suggests that not more than 25% of your total calories should come from added sugars.

Domino's Pizza

Cheese & Pepperoni served daily

Monday & Wednesday

Hawaiian

Tuesday

Sausage

Thursday

Sausage & Olive

Friday

Vegetarian

