

Student Breakfast includes: Cereal, one entrée item, Milk, and choice of fresh fruit or fruit juice. Breakfasts may be pre-paid by week or month.

LOMPOC UNIFIED SCHOOL DISTRICT

We reserve the right to make menu changes where necessary without prior notice.

Student Breakfast \$1.00
 Reduced Student Breakfast - No Charge
 Secondary Breakfast to NON-Students with milk - \$1.50
 8 oz Milk - \$0.35

High School Breakfast

March 2008

Harvest of the Month

Spinach

Spinach began being cultivated in North America by the early 19th century. In recent times, it has been popularized by the cartoon character, Popeye, who attributes his amazing strength to a daily diet of the green, leafy vegetable. In fact, when Popeye made his debut on January 17, 1929, spinach became the 3rd most popular children's food after turkey and ice cream. Today, more than 94% of Americans associate spinach with Popeye.

Spinach is grown mainly in California & Texas as a cool winter crop. An annual crop, spinach grows best in cool, damp weather and rich, moist soil. Spinach is typically planted by direct seeding, about $\frac{1}{2}$ - $\frac{3}{4}$ inch deep in soil, in 4 - 8 rows on raised beds that are 38 - 40 inches wide. Generally, around 10 - 15 pounds of seeds are planted per acre (there are about 40,000 seeds per pound).

About 74% of all Spinach is grown in California. It is grown in 4 major areas:

1. North Central Coast (Monterey, San Benito, Santa Clara & Santa Cruz countries)
2. San Joaquin Valley (Stanislaus & Tulare Counties)
3. Southern & Desert Valleys (Imperial & Riverside counties)
4. South Central Coast (Santa Barbara & Ventura counties)

There are 3 main varieties of Spinach:

1. The **Savory** variety has crinkly, dark green curly leaves & has a very distinct taste.
2. The **Flat or Smooth Leaf** which is unwrinkled & spade-shaped, has a milder taste than the savory
3. **Semi-Savory** which has slightly curly leaves, is increasing in popularity as it is easier to clean than the savory

MON	TUE	WED	THU	FRI
3 Buttermilk Bar Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	4 Texas Toast Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	5 Pizza Bagel Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	6 Cinnamon Bun Plus Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	7 Danish Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk
10 Sausage & Cheese Breakfast Sandwich Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	11 Pop Tarts Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	12 Peanut Butter & Jelly Bar Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	13 Super Donut Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	14 Egg & Cheese Breakfast Wrap Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk
17 Buttermilk Bar Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	18 Texas Toast Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	19 Pizza Bagel Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	20 Sausage & Cheese Breakfast Sandwich Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk	21 SPRING RECESS
24 SPRING RECESS	25 SPRING RECESS	26 SPRING RECESS	27 SPRING RECESS	28 HOLIDAY
31 Sausage & Cheese Breakfast Sandwich Or Assorted Bagel * Assorted Cereal or Oatmeal** Fruit or Juice Milk				

