

Student Lunches include:
 entrée, vegetable, fruit or juice, yogurt & milk.
 Lunches may be pre-paid by the week or month

LOMPOC UNIFIED SCHOOL DISTRICT

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

Secondary STUDENT LUNCH - \$1.50
 Reduced STUDENT LUNCH - \$0.25
 Staff lunch w/o milk and yogurt - \$2.25
 8 oz milk - \$0.35

Middle School Lunch

March 2008

National Nutrition Month®

National Nutrition Month® is a nutrition education campaign sponsored annually by the American Dietetic Association and its Foundation.

It is appropriate and fitting that March is National Nutrition Month, since it is in between winter and spring. Winter holiday gatherings have past and have left many of us with cherished memories and frequently unwanted weight gain!

Healthy eating and routine exercise are needed all year round; but many of us need a friendly reminder to get ourselves back on track. Be kind to your body and reacquaint yourself with healthy eating habits and fitness. Replace your unhealthy habits with smart healthy choices for a healthier body.

Good nutrition helps us feel our best and lowers the risk for a variety of conditions. Fitness comes from a lifestyle that includes good nutrition and regular physical activity. The sooner you start the better it is for your health.

MON	TUE	WED	THU	FRI
3 Smuckers Peanut Butter & Jelly Grilled Cheese Sandwich Pork BBQ Rib on Wheat Bun Bean & Cheese Burrito	4 Turkey Deli Sandwich Chicken Tenders & Potatoes Mini Cheeseburgers Bean & Cheese Burrito	5 Southwestern Chicken Wrap Hamburger or Cheeseburger Pepperoni Pizza Bean & Cheese Burrito	6 Chef's Salad w/ Muffin Hot & Spicy Chicken Patty Macaroni & Cheese Taco Snack	7 Asian Chicken Salad w/Fortune Cookie Spaghetti & Meatball w/ Breadstick Cheese Pizza Bean & Cheese Burrito
10 Pizza Hot Pocket Grilled Cheese Hamburger or Cheeseburger Bean & Cheese Burrito	11 Chicken & Cheese Fajita Mini Cheeseburgers Hot & Spicy Chicken Patty Bean & Cheese Burrito	12 Turkey Ham & Cheese Wrap Pepperoni Pizza Pork Rib BBQ on Wheat Bun Bean & Cheese Burrito	13 Chicken Caesar Salad w/ Croutons Pizza Nada Chicken Tenders w/ Potatoes Taco Snack	14 Chef Salad w/Muffin Chicken Patty on Bun Cheese Pizza Bean & Cheese Burrito
17 Pizza Hot Pocket Hot & Spicy Chicken on a Bun Macaroni & Cheese Bean & Cheese Burrito Shamrock Cookie	18 Smuckers Peanut Butter & Jelly Mini Cheeseburgers Chicken Patty on a Bun Bean & Cheese Burrito	19 Tuna Fish Snadwich Hot & Spicy Chicken Patty Corn Dog Bean & Cheese Burrito	20 Asian Chicken Salad w/Fortune Cookie Chicken Tenders w/ Potatoes Pizza Hot Pocket Taco Snack	21 SPRING RECESS
24 SPRING RECESS	25 SPRING RECESS	26 SPRING RECESS	27 SPRING RECESS	28 HOLIDAY
31 Spaghetti & Meatballs w/Breadstick Mozzarella Max Sticks Pork BBQ Rib on Wheat Bun Bean & Cheese Burrito				