

Lunch comes with Entrée, vegetable, fruit, milk and juice
Lunches may be pre-paid by the week or month

LOMPOC UNIFIED SCHOOL DISTRICT
Menu is subject to change

Elementary Student Lunch \$1.00
Reduced Student Lunch - \$0.25
Non-Student Elementary Lunch w/o milk - \$2.00
8 oz Milk \$0.35



Elementary Lunch

USDA is an equal opportunity provider and employer

April 2008

Mon	Tue	Wed	Thu	Fri
	1 Pizza Hot Pocket Cheeseburger Lettuce Cup Fruit	2 Munchable Lunch Kit Peanut Butter & Jelly Sandwich Baby Carrots Fruit	3 Chicken Tenders w/ Potato Puffs Grilled Cheese Sandwich Corn Fruit	4 Cheese Pizza Taco Pocket Broccoli Florets Fruit
7 Bean & Cheese Burrito Grilled Cheese Baby Carrots Fruit	8 Pork BBQ Rib on Bun Bean & Cheese Chalupa Lettuce Cup Fruit	9 Chef Salad w/ Muffin Peanut Butter & Jelly Sandwich Baby Carrots Fruit	10 Sloppy Joe with Cheese Spaghetti & Meatballs Corn Fruit	11 Beef Soft Taco Cheese Pizza Broccoli Florets Fruit
14 Pepperoni Pizza Bean & Cheese Burrito Baby Carrots Fruit	15 Taco Pocket Cheeseburger Lettuce Cup Fruit	16 Munchable Lunch Kit Peanut Butter & Jelly Sandwich Baby Carrots Fruit	17 Chicken Patty on Bun Pizza Hot Pocket Corn Fruit	18 Chicken Tenders w/ Potato Puffs Macaroni & Cheese Broccoli Florets Fruit
21 Pepperoni Pizza Bean & Cheese Burrito Baby Carrots Fruit	22 Pork BBQ Rib on Bun Bean & Cheese Chalupa Lettuce Cup Fruit	23 Power Pack Lunch Kit Peanut Butter & Jelly Sandwich Baby Carrots Fruit	24 Chicken Patty on Bun Corn Dog Corn Fruit	25 Spaghetti & Meatballs Bean & Cheese Burrito Broccoli Florets Fruit
28 Macaroni & Cheese Corn Dog Baby Carrots Fruit	29 Pizza Hot Pocket Cheeseburger Lettuce Cup Fruit	30 Munchable Lunch Kit Peanut Butter & Jelly Sandwich Baby Carrots Fruit		

Know your Sugars

500 years ago, sugar was a rare spice or medicine, imported to Europe from India. It became an expensive commodity primarily produced in overseas tropical colonies. It is now a cheap everyday commodity, produced from both sugar cane and sugar beets. By about 1970, approximately 9% of all available food calories in the world were in the form of sucrose. No other food in world history has had a comparable performance.

Sugars are common food ingredients that are found in many forms. They are:

Glucose (Dextrose, grape sugar, corn sugar): Somewhat less sweet than cane sugar and is soluble in both hot and cold water. It is found in sweet fruits such as grapes, berries & oranges & in some vegetables such as sweet corn & carrots. It is prepared commercially as Corn Syrup

Fructose (Fruit Sugar): highly soluble. Much sweeter than cane or beet sugar and is found in honey, ripe fruit & some vegetables.

Sucrose: Table sugar is found in cane or beet sugar, brown sugar, molasses and maple sugar. Many fruits & vegetables contain some sucrose.

Lactose (milk sugar): 1/6 as sweet as sucrose & dissolves poorly in cold water. People who are lactose intolerant do not produce enough of the enzyme, Lactase, to break this sugar down.

Maltose (Malt Sugar): Maltose is produced in the malting & fermentation of grains & is present in beer & malted breakfast cereals; it is also used as a source of carbohydrates for some infant formulas.