

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.

Secondary Student Breakfast \$1.00
 Reduced Student Breakfast - No Charge
 Secondary Breakfast to NON-Students with milk \$1.50
 8 oz Milk \$0.35
 Yogurt Cup \$0.50

Harvest of the Month

Carrots



Carrots are believed to have been originated in the Near East and Central Asia, near Afghanistan, where they were cultivated for thousands of years. The ancient ancestors of the modern carrot were not yellow-orange, but of purplish colors ranging from lavender to almost black.

Orange carrots emerged in the Netherlands around the 15th century. Their orange color made them popular among countries associated with the House of Orange and the Dutch struggle for independence.


Carrots were among the first vegetables to be canned following the development of the process by the French food technologist, Appert, in the early 1800's. The high beta carotene content of carrots was discovered in the 19th century and then leveraged during World War II by the British who developed a variety of higher beta carotene carrots so that their aviators might see better at night. Since then, plant breeders have sought to develop carrot varieties that are sweeter and tenderer.

Home Grown Facts

- * California ranks first in the U.S. production of carrots
- * California produces about 70,000 acres of carrots annually.
- * Baby carrots account for more that 35% of California's carrot production & 70% of the total acreage.
- * Kern County is the state's largest producer of carrots with 75% of the state's acreage.
- * Holtville, California is known as the "Carrot Capital of the World".

Middle School Breakfast

April 2008

MON	TUE	WED	THU	FRI
 1 Pop Tart Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	2 Mini Muffin Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	3 Pizza Bagel Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	4 Egg & Cheese Breakfast Wrap Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	
7 Buttermilk Bar Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	8 Texas Toast Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	9 Mini Muffin Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	10 Cinnamon Bun Plus Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	11 Pizza Bagel Or Assorted Bagel Assorted Cereal Fruit or Juice Milk
14 Sausage & Cheese Breakfast Sandwich Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	15 Pop Tarts Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	16 Mini Muffin Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	17 Super Donut Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	18 Egg & Cheese Breakfast Wrap Or Assorted Bagel Assorted Cereal Fruit or Juice Milk
21 Buttermilk Bar Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	22 Texas Toast Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	23 Mini Muffin Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	24 Sausage & Cheese Breakfast Sandwich Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	25 Danish Pastry Or Assorted Bagel Assorted Cereal Fruit or Juice Milk
28 Sausage & Cheese Breakfast Sandwich Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	29 Pop Tart Or Assorted Bagel Assorted Cereal Fruit or Juice Milk	30 Mini Muffin Or Assorted Bagel Assorted Cereal Fruit or Juice Milk		

Bagels come with your choice of either peanut butter or cream cheese.

The USDA is an equal opportunity provider & employer.