



Breakfast includes:

- Your choice of One Entrée
- Fresh fruit or 100% Real Fruit Juice
- 1% Milk

Breakfast Entrée Choices

Monday

Sausage & Cheese Sandwich
Whole Wheat Pop Tart
Bagel with Cream Cheese or Peanut Butter

Tuesday

Breakfast Hot Pocket
Peanut Butter & Jelly Bar
Bagel with Cream Cheese or Peanut Butter

Wednesday

Breakfast Wrap
Vitamin Fortified Buttermilk Bar
Bagel with Cream Cheese or Peanut Butter

Thursday

Sausage & Cheese Sandwich
Vitamin Fortified Super Donut
Bagel with Cream Cheese or Peanut Butter

Friday

Pizza Bagel
Vitamin Fortified Cinnamon Bun Plus
Bagel with Cream Cheese or Peanut Butter



**Lompoc Unified School District
Food Services**

Visit our website at: www.lusd.org
or call Food Services at (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



Breakfast Prices

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

Lunch Prices

Student Price: \$2.25
Reduced Price: \$0.40

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 & Friday

Sweet Chili Beef with steamed vegetables
 and your choice of white or brown rice

Wednesday

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

Tuesday & Thursday

Pasta Bar



Domino's Pizza

Cheese & Pepperoni served daily

Monday & Wednesday

Hawaiian

Tuesday

Sausage

Thursday

Sausage & Olive

Friday

Vegetarian



Monday

Hot & Spicy Chicken Patty on Wheat Bun
 Oven Fried Chicken & Mashed Potatoes & Gravy
 Mini Cheeseburgers

Tuesday

Hot & Spicy Chicken Patty on Wheat Bun
 BBQ Chicken with
 Oven Roasted Potatoes
 Cheeseburger

Wednesday & Friday

Hot & Spicy Chicken Patty on Wheat Bun
 Chicken Nuggets or Spicy Tenders with Oven Roasted Potatoes
 Mini Cheeseburgers

Thursday

Hot & Spicy Chicken Patty on Wheat Bun
 Oven Fried Chicken with Mashed Potatoes & Gravy
 BBQ Pork Rib Patty on Wheat Bun



Monday

Chicken Caesar Salad
 Americana Sub
 Yogurt Parfait

Wednesday

Chef Salad
 Turkey & Cheese Ciabatta
 Yogurt Parfait

Friday

Chicken Caesar Salad, Americana Sub, Yogurt Parfait

Tuesday

Southwestern Salad
 Ham & Cheese Wrap
 Yogurt Parfait

Thursday

Southwestern Salad
 Turkey & Cheese Baguette
 Yogurt Parfait



Monday & Friday

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

Tuesday & Thursday

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

Wednesday

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

MAKING THE GRADE

It's not hard for teens to meet RDA for calcium. An 8-ounce glass of milk at breakfast, one 8-ounce serving of yogurt for a snack, 1.5 ounces of cheese with dinner and a half cup of frozen yogurt and you have it!

Or to get more calcium:

- Top a baked potato with cottage cheese or shredded cheddar cheese.
- Crumble up a graham cracker into banana-flavored yogurt for your own version of banana cream pie.
- Microwave a mini pizza or make your own by topping an English muffin with salsa and your favorite cheese and toasting in a toaster oven.
- Enjoy ice cream or frozen yogurt with fresh berries or other toppings.
- Mix 2 cups milk, a frozen banana, a teaspoon vanilla and 1/4 cup chocolate syrup in a blender for a power smoothie!