

LOMPOC UNIFIED SCHOOL DISTRICT

June & July 2008



Breakfast comes with cereal, entrée, milk, and fresh fruit or juice
 Elementary Student Breakfast \$0.75
 Reduced Student Breakfast - No Charge
 Non-Student Breakfast w/o milk \$1.50
 8 oz Milk \$0.35
 Menu is subject to change

Harvest of the Month Elementary Breakfast

Strawberries

Strawberries grow on small, low growing perennials (plants that survive more than one growing season) that prefer well-drained, sandy soil and are native to temperature and mountainous tropical regions. To produce the best crop the plants need plenty of water, warm days and cool nights. On average it takes about 30 days for flowers to develop into fruit.

There are many theories on how the strawberry got its name. Some believe that the name came from the practice of placing straw around the growing plant for protection, or from children in the 19th century who threaded the berries with straw and offered them for sale.

Fruity Facts

- * Strawberries are the first fruit to ripen in the spring
- * There are about 200 tiny seeds on every strawberry
- * The seeds of the strawberry are really the fruit while the red fleshy part is the receptacle that holds the part of the flower together
- * Strawberries are the most popular berry in the United States
- * 94% of U.S. households eat strawberries
- * Americans eat 3.4 pounds of fresh strawberries each year plus another 1.8 pounds frozen per capita.

MON	TUE	WED	THU	FRI
* Bagels come with your choice of either cream cheese or peanut butter & jelly The USDA is an equal opportunity employer and provider				June 13 Yogurt Cup Assorted Cereal Assorted Fruit Juice and Milk
16 Power Alley Bar Assorted Cereal Assorted Fruit Juice and Milk	17 Cheese Stick Bear Graham Crackers Assorted Cereal Assorted Fruit Juice and Milk	18 Assorted Bagels * Assorted Cereal Assorted Fruit Juice and Milk	19 Mini Muffin Hard Boiled Egg Assorted Cereal Assorted Fruit Juice and Milk	20 Yogurt Cup Assorted Cereal Assorted Fruit Juice and Milk
23 Sunflower Seeds Assorted Cereal Assorted Fruit Juice and Milk	24 Cheese Stick Bear Graham Crackers Assorted Cereal Assorted Fruit Juice and Milk	25 Assorted Bagels * Assorted Cereal Assorted Fruit Juice and Milk	26 Mini Muffin Hard Boiled Egg Assorted Cereal Assorted Fruit Juice and Milk	27 Yogurt Cup Assorted Cereal Assorted Fruit Juice and Milk
30 Power Alley Bar Assorted Cereal Assorted Fruit Juice and Milk	July 1 Cheese Stick Bear Graham Crackers Assorted Cereal Assorted Fruit Juice and Milk	2 Assorted Bagels * Assorted Cereal Assorted Fruit Juice and Milk	3 Mini Muffin Hard Boiled Egg Assorted Cereal Assorted Fruit Juice and Milk	 NO SCHOOL
7 Sunflower Seeds Assorted Cereal Assorted Fruit Juice and Milk	8 Cheese Stick Bear Graham Crackers Assorted Cereal Assorted Fruit Juice and Milk	9 Assorted Bagels * Assorted Cereal Assorted Fruit Juice and Milk	10 Mini Muffin Hard Boiled Egg Assorted Cereal Assorted Fruit Juice and Milk	11 Yogurt Cup Assorted Cereal Assorted Fruit Juice and Milk
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