



## Winter Fruit: Pear



Do you know that the first pear tree was planted in 1620? Pears come in different shapes, sizes and colors, and are sweet and juicy. Pears are delicious and nutritious for you. They are rich in Vitamin C and Fiber; low in calories; and have no fat, cholesterol, or sodium. So enjoy!

### WINTER FRUIT SALAD RECIPE

#### Ingredients

- 2 Apples (Any Kind)
- 2 Pears (Any Kind)
- 1 cup Green Seedless Grapes
- 2 Tbsp 100% White Grape Juice
- 1 tsp Fresh Lemon Juice
- Zest of 1/2 Lemon (Optional)

#### Instructions:

1. Core and slice the apples and pears.
2. Sprinkle the lemon juice on apple & pears so that they don't discolor.
3. Combine all ingredients in a bowl.
4. Add the grapes and lemon zest
5. Mix in the 100% white grape juice
6. Serve and Enjoy!

Serves: 4

Serving Size: 1 cup



# January 2012

TORRANCE UNIFIED SCHOOL DISTRICT  
ELEMENTARY SCHOOLS

LUNCH MENU

Daily Milk Choices



Prepay for School Lunches ONLINE at [mySchoolBucks.com](http://mySchoolBucks.com)

The USDA and the CDE are equal opportunity providers and employers.

MONDAY	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Lunch</b> Paid \$3.00 Reduced \$0.40 <b>Milk \$0.50</b> * Contains Pork **Menu Subject to Change	<b>3</b> New Year Ravioli Cheesy Breadstick Snickerdoodle Cookie  <i>Fruit and Vegetable Bar</i>	<b>4</b> <b>"Domino's"</b> Cheese Pizza  <i>Fruit and Vegetable Bar</i>	<b>5</b> Build Your Own Taco! Mini Churro   <i>Fruit and Vegetable Bar</i>	<b>6</b> Pizza Stick With Marinara Sauce  <i>Fruit and Vegetable Bar</i>
<b>9</b> <b>New Item</b> Chicken Tamale Pocket Mexican Rice 100% Green Apple Juice Bar  <i>Fruit and Vegetable Bar</i>	<b>10</b> Build Your Own Burger on Wheat Bun! Bag of Baked Chips   <i>Fruit and Vegetable Bar</i>	<b>11</b> Teriyaki Chicken Fluffy Rice Aloha Roll Fortune Cookie  <i>Fruit and Vegetable Bar</i>	<b>12</b> Spaghetti with Meat Sauce Garlic Breadsticks Luigi's Sherbert  <i>Fruit and Vegetable Bar</i>	<b>13</b> <b>"Papa John"</b> Cheese Pizza  <i>Fruit and Vegetable Bar</i>
<b>16</b> <b>Martin Luther King Jr.'s            Birthday</b>  <b>NO SCHOOL TODAY</b>	<b>17</b> Foster Farm Corn Dog Sweet Corn  <i>Fruit and Vegetable Bar</i>	<b>18</b> <b>"Domino's"</b> Cheese Pizza   <i>Fruit and Vegetable Bar</i>	<b>19</b> Chicken Nuggets Ranch Beans Whole Grain Dinner Roll Chocolate Chip Cookie  <i>Fruit and Vegetable Bar</i>	<b>20</b> <b>New Item</b> Ardella's Cheese Pizza 100% Cherry Juice Bar  <i>Fruit and Vegetable Bar</i>
<b>Menu Planned by Mrs. Day's 3rd Grade Class- Riviera School</b>				
<b>23</b> <b>Brunch for Lunch</b> Pancakes & Sausage Strawberry Smoothie   <i>Fruit and Vegetable Bar</i>	<b>24</b> <b>Happy Birthday</b> Crispy Chicken Drumsticks Oven Baked French Fries Happy Birthday Cupcake  <i>Fruit and Vegetable Bar</i>	<b>25</b> Taquitos Refried Beans 100% Blue Raspberry Juice Bar  <i>Fruit and Vegetable Bar</i>	<b>26</b> Dodger Dog Seasoned Green Beans  <i>Fruit and Vegetable Bar</i>	<b>27</b> <b>"Papa John"</b> Cheese Pizza   <i>Fruit and Vegetable Bar</i>
<b>30</b> Cheese Quesadilla Ranch Beans  <i>Fruit and Vegetable Bar</i>	<b>31</b> Tyson's Popcorn Chicken Smiley Fries  <i>Fruit and Vegetable Bar</i>	 <a href="http://www.tusd.org">http://www.tusd.org</a>		<b>Three Alternative            Menu Choices:</b> 1. Smuckers PBJ Pillow 2. Cup of Yogurt 3. Grilled Cheese Sandwich