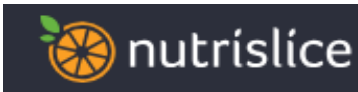




Did you know that TUSD offers ALL the elements of a healthy diet to keep your kids strong & healthy?



Please visit tusd.nutrislice.com/menu to access school menus.

- Select your school
- View interactive menus
- Download & print menus
- Food allergen & nutrition information provided
- Translation options
- Nutrislice app available on Google Play or App Store
- Ask Alexa "Whats for lunch today?"



This institution is an equal opportunity provider.

February 2019



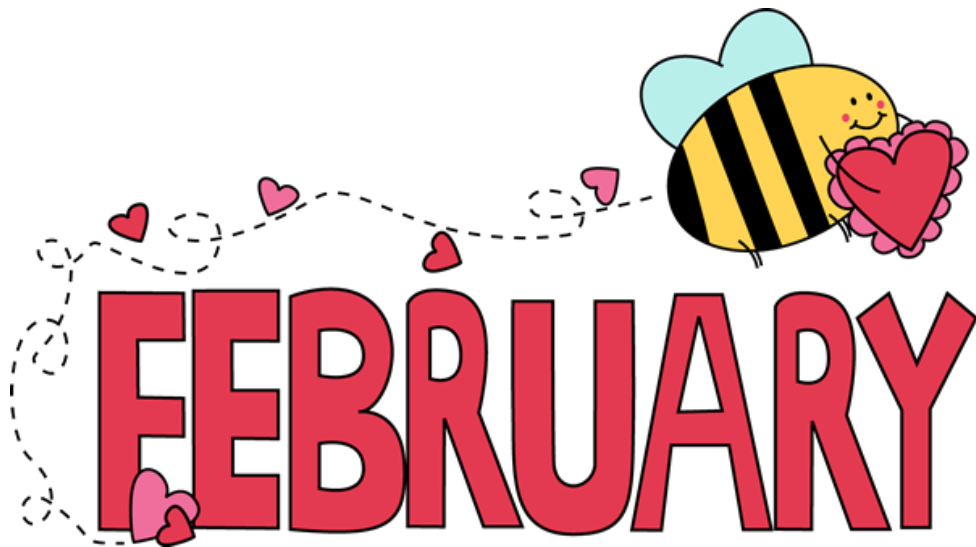
Prepay online at family.titank12.com

TORRANCE UNIFIED SCHOOL DISTRICT ELEMENTARY LUNCH MENU



Daily Milk & Juice Choices

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Daily Entrée Options: 1. PB&J Sandwich 2. Cup of Yogurt 3. Grilled Cheese 4. Entrée Salad (Mon-Thur)	1 Domino's Smart Slice Cheese Pizza (School Approved) Sidekicks 100% Frozen Juice <i>Fresh Fruit & Veggie Station</i>
4 Popcorn Chicken Mashed Potatoes Biscuit <i>Fresh Fruit & Veggie Station</i>	5 Crunchy Chicken Tacos with Salsa, Lettuce and Cheese Refried Beans <i>Fresh Fruit & Veggie Station</i>	6 Beef Rib B Que Sandwich Diced Peaches Chocolate Chip Cookie <i>Fresh Fruit & Veggie Station</i>	7 Mini Corn Dogs BBQ Baked Beans <i>Fresh Fruit & Veggie Station</i>	8 Papa John's Cheese Pizza (School Approved) Sidekicks 100% Frozen Juice <i>Fresh Fruit & Veggie Station</i>
11 	12 Tyson Crispy Chicken Tenders Emoji Fries NEW! Roll <i>Fresh Fruit & Veggie Station</i>	13 Maple Mini Waffles Lean Beef Sausage Mixed Fruit <i>Fresh Fruit & Veggie Station</i>	14 Happy Valentine's Day! Heart Shaped Nuggets BBQ Baked Beans Heart Cookie NEW! <i>Fresh Fruit & Veggie Station</i>	15 Domino's Smart Slice Cheese Pizza (School Approved) Applesauce <i>Fresh Fruit & Veggie Station</i>
18 	19 Crunchy Turkey Tacos with Salsa, Lettuce and Cheese Pinto Beans <i>Fresh Fruit & Veggie Station</i>	20 Tyson Oven Baked Chicken Nuggets Baked Potato Wedges Biscuit <i>Fresh Fruit & Veggie Station</i>	21 Cheeseburger or Hamburger Oven Baked Seasoned Fries <i>Fresh Fruit & Veggie Station</i>	22 Papa John's Cheese Pizza (School Approved) Sidekicks 100% Frozen Juice <i>Fresh Fruit & Veggie Station</i>
25 Italian Cheesy Garlic Bread with Marinara Sauce Fresh Apple Slices <i>Fresh Fruit & Veggie Station</i>	26 Breaded Chicken Drumsticks Mashed Potatoes Roll Crispy Treat <i>Fresh Fruit & Veggie Station</i>	27 Cinnamon French Toast Lean Beef Sausage Mixed Fruit <i>Fresh Fruit & Veggie Station</i>	28 Crispy Chicken Sandwich Emoji Fries NEW! <i>Fresh Fruit & Veggie Station</i>	Lunch Pricing: Paid \$3.50 Reduced \$0.40 Milk \$0.50 **Menu Subject to Change



February 4th is National Homemade Soup Day

Before the era of modern transportation, soup was a product of regionally available foods. For this reason, there are thousands of soup recipes available today. Many soups also have medicinal purposes. What was once considered a wives' tale, chicken soup now has the backing of the scientific community with helping relieve the symptoms of the common cold. Scientists believe that a bowl of the soup may reduce inflammation of the lungs. It is thought that chicken soup slows down the activity of white blood cells that can cause the inflammation.



Hearty Chicken Noodle Soup Recipe

- 1 tbs. extra-virgin olive oil
- Pinch crushed red pepper flakes
- 6 whole sprigs chopped flat-leaf parsley
- 2 cups, whole-wheat extra-wide noodle style pasta
- 1 1/2 pounds bone-in chicken breasts, skin removed
- 8 cups low-sodium chicken broth
- 2 carrots, sliced (1 cup)
- 2 tbs. grated Parmesan, plus extra for passing
- 1 onion, chopped
- 6 strips lemon zest
- Kosher salt
- 3 cups baby spinach
- Lemon juice
- 2 stalks celery, sliced

Directions:

1. Heat the oil in a Dutch oven set over medium heat. Add the onion and crushed red pepper flakes and cook until the onions begin to soften. Add the herbs, lemon zest, broth, and 2 cups of water. Bring to a very gentle simmer and simmer until the chicken is just cooked through, about 8 minutes.
2. Meanwhile, add the sliced carrots and celery to the broth and season with salt, to taste. Continue to simmer until the vegetables are just tender, 5 minutes. Stir in the noodles and cook until just al dente, about 5 minutes. Stir in the baby spinach and Parmesan until the spinach is wilted. Stir in lemon juice, to taste. Ladle the soup into serving bowls and serve with additional Parmesan for passing.

Activity Corner

Name: _____

Help Cupid Yoobi Find His Heart!



valentine's Day word search

C	H	O	C	O	L	A	T	E	G	U
E	S	Y	V	Y	P	M	B	I	I	U
M	N	R	D	W	G	D	U	C	G	D
D	Q	I	E	N	G	W	O	C	E	B
F	O	I	T	W	A	L	O	V	E	B
W	I	M	P	N	O	C	E	W	D	H
C	G	T	R	L	E	L	U	M	I	P
H	E	A	R	T	S	L	F	O	P	E
X	K	I	S	S	F	N	A	P	U	G
E	M	W	O	R	R	A	S	V	C	C
D	R	A	C	M	E	Q	U	I	V	W

FLOWERS
HEARTS
KISS
LOVE
VALENTINE

ARROW
CANDY
CARD
CHOCOLATE
CUPID

