



# Breakfast at School

TORRANCE UNIFIED SCHOOL DISTRICT  
NUTRITION SERVICES



## Did you know?

If your child qualifies for Free or Reduced Lunches, they also qualify for Free or Reduced Breakfast during Snack period everyday!

To apply for free or reduced meals please visit <https://family.titank12.com>

STUDENTS WHO PARTICIPATE IN SCHOOL BREAKFAST SHOW IMPROVED ATTENDANCE, BEHAVIOR, & STANDARDIZED ACHIEVEMENT TEST SCORES

### Nutrition Requirements for a School Breakfast:

Calorie ranges	400-550
Saturated Fat	Less than 10% of calories
Sodium	Less than 470 mg
Trans Fat	0 grams

### BENEFITS OF TUSD'S SCHOOL BREAKFAST PROGRAM

- All food items are low in fat and sugar
- Whole grain rich
- Contain 0 trans fats
- Each breakfast includes fruit, your choice of an entree, and milk
- At least four entree options are offered daily
- Breakfasts meet the regulations mandated by the USDA and the State of California



PLEASE VISIT

[HTTPS://TUSD.NUTRISLICE.COM](https://tUSD.nutrislice.com)

TO VIEW TUSD'S NEW INTERACTIVE MENUS