

**Breakfast
Served
Daily***

Breakfast Burrito
Sunrise Sandwich
Pancakes
Pizza Bagel

Cereal, Yogurt & Crackers, Muffins,
Bagels and
other assorted items.

Includes: Choice of one entrée,
fruit, juice and milk

BREAKFAST PRICES

Full Price	\$1.25
Reduced Price	\$.30

BREAKFAST
A GREAT START TO BEING SMART



**STUDENTS WHO EAT
SCHOOL BREAKFAST:**

- Feel better in the morning.
- Start the day ready to learn.
- Are more alert and attentive.
- Concentrate more in school.
- Improve their test scores.

**Norwalk-La Mirada
Unified School District**

**High School
Menu**

**Breakfast
&
Lunch**



High School Lunch Menu



Daily Menu Choices

Burritos

Hot Pockets

Chicken Sandwich

Hamburger

Variety of Hot &

Cold Sandwiches

Pepperoni or Cheese Pizza

Taco Pockets

All lunches served with
choices of fruit, vegetables,
juice and milk

Weekly Special's

Menu

Variety of Entrée Choices Daily

All American Monday

South of the Border Tuesday

Italian Cuisine Wednesday

Home Cookin' Thursday

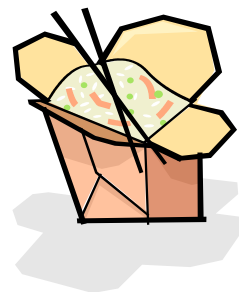
Asian Fusion Friday

Healthier Choices

Chef Salad

Yogurt Parfait

All lunches served with choices of
fruit, vegetables, juice and milk



**Norwalk-La Mirada Unified
School District**

LUNCH PRICES

Full Price \$2.50

Reduced Price \$.40

Nutrition Services Department
(562) 868-0431

Did you know you can make pre-payments directly to your child's meal account?

Go to www.mynutrikids.com to prepay your child's meal account. Prepaid meal accounts help the lunch lines go faster and gives students more time to eat, relax and play. It also gives you the peace of mind of not having to worry about looking for lunch money everyday or worry that it might get lost, stolen or used for things other than lunch.

This institution is an equal opportunity provider