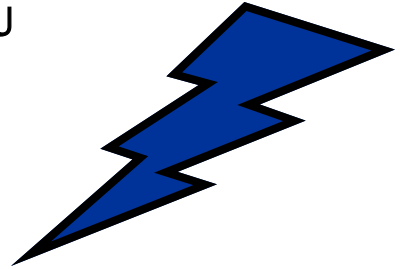
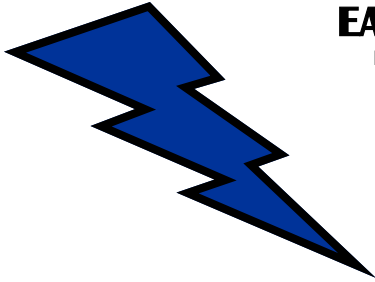


MANTECA UNIFIED SCHOOL DISTRICT NUTRITION SERVICES

EAST UNION HIGH SCHOOL MENU

MENU CYCLE NOVEMBER 9, 2009 THRU MAY 28, 2010



NOVEMBER 9 - 2009
NOVEMBER 16 - 2009
NOVEMBER 23 - 2009
DECEMBER 7 - 2009
DECEMBER 14 - 2009
DECEMBER 21 - 2009
JANUARY 4 - 2010
JANUARY 11 - 2010
JANUARY 18 - 2010
JANUARY 25 - 2010
FEBRUARY 1 - 2010
FEBRUARY 8 - 2010
FEBRUARY 15 - 2010
FEBRUARY 22 - 2010
MARCH 1 - 2010
MARCH 8 - 2010
MARCH 15 - 2010
MARCH 22 - 2010
MARCH 29 - 2010
APRIL 5 - 2010
APRIL 12 - 2010
APRIL 19 - 2010
APRIL 26 - 2010
MAY 3 - 2010
MAY 10 - 2010
MAY 17 - 2010
MAY 24 - 2010

BREAKFAST

Available Daily
Milk
Orange Juice
Seasonal Fresh Fruit
Assorted Grahams

Choice of One
Breakfast Burrito****
Soft Pretzel with Nacho Cheese
Mini Pancakes
Pop Tart
Honey Bun
Mini Cheeseburgers ✓
Bagel and Cream Cheese

HIGH SCHOOL BREAKFAST PRICES

Full Paid Student price: \$1.00
Student Qualified* Reduced Price: \$.25
Adult Price: \$1.50

HIGH SCHOOL LUNCH PRICES

Full Paid Student Price: \$1.75
Student Qualified* Reduced Price: \$.40
Adult Price: \$2.50

NUTRIENT ANALYSIS

Breakfast			Lunch		
Nutrient Analysis	Goal	Daily Avg	Nutrient Analysis	Goal	Daily Avg
Calories	518	512	Calories	691	687
Iron	2.8mg	2.7mg	Iron	3.73mg	6.30mg
Fat	<30%	18.8%	Fat	<30%	27.05%
Sat Fat	<10%	6.6%	Sat Fat	<10%	7.87%
Vitamin C	11mg	87mg	Vitamin C	15.6mg	15.62mg

~ ~ ~ *Students qualifying for free or reduced price lunch, also qualify for free or reduced price breakfast! ~ ~ ~
~ ~ ~ Free and Reduced Price Meal Applications are accepted at anytime during the school year. ~ ~ ~

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Tostitos with Cheese and Jalapenos *** Deli Sandwich** Spicy Chicken Wrap* Garden Chicken Salad*	Pepperoni Pizza**** Cheese Pizza*** Deluxe Cheeseburger ✓ Bean and Cheese Burrito*** Berry Treasure Parfait *** Spicy Chicken Wrap* Garden Chicken Salad*	Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Beef, Bean, and Red Chili Burrito ✓ Deli Sandwich** Spicy Chicken Wrap* Garden Chicken Salad*	Pepperoni Pizza**** Cheese Pizza*** Hot Dog and Chips* Bean and Cheese Burrito*** Berry Treasure Parfait *** Spicy Chicken Wrap* Garden Chicken Salad*	Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Bean and Cheese Burrito*** Spicy Chicken Wrap* Garden Chicken Salad*
<u>Special</u> BBQ Turkey Sandwich**	<u>Special</u> Chili Cheese Corn Dog* with Mac 'n' Cheese	<u>Special</u> Bosco Cheese Sticks w/ Marinara Sauce***	<u>Special</u> Chicken Ranch Flat Bread*	<u>Special</u> Teriyaki Take Out**

*Chicken **Turkey ***Meatless ***Pork ✓ Beef
(Choice offered Daily)



Daily with all choices:
Choice of Fat Free Chocolate or 1% White Milk
8 oz. Water
Choice of Assorted Grahams



Visit our Website at: www.mantecausd.net/lunchbox
to prepay online using e-Funds.
Visit: www.mantecausd.net/nutritionsvc
for menus and other interesting Nutrition Service Programs



Fresh Choices Available Include:

**Crisp Garden Green Salad With Assorted Dressings
Fresh Vegetables*
Seasonal Fresh Fruits***

*Subject to change
Fresh Choices are part of lunch
At no extra charge!