

MANTECA UNIFIED SCHOOL DISTRICT NUTRITION SERVICES

MANTECA HIGH SCHOOL MENU

MENU CYCLE NOVEMBER 9, 2009 THRU MAY 28, 2010



MONDAY NO YOUTH DAY

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** Chicken Sandwich* Chili Verde Burrito** Deli Sandwich** Spicy Chicken Wrap* Garden Chicken Salad* Berry Treasure Parfait***	Pepperoni Pizza**** Cheese Pizza** Chicken Sandwich* Beef, Bean, and Red Chili Burrito ✓ Deli Sandwich** Spicy Chicken Wrap* Garden Chicken Salad*	Pepperoni Pizza**** Cheese Pizza** Chicken Sandwich* Chili Verde Burrito** Deli Sandwich** Spicy Chicken Wrap* Garden Chicken Salad* Berry Treasure Parfait***	Pepperoni Pizza**** Cheese Pizza** Chicken Sandwich* Chili Verde Burrito** Deli Sandwich** Spicy Chicken Wrap* Garden Chicken Salad*
Special	Special	Special	Special	Special
BBQ Turkey Sandwich**	Deluxe Cheeseburger ✓	Bosco Cheese Sticks w/ Marinara Sauce**	Teriyaki Take Out*	BBQ Riblet Sandwich ✓

*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

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!

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