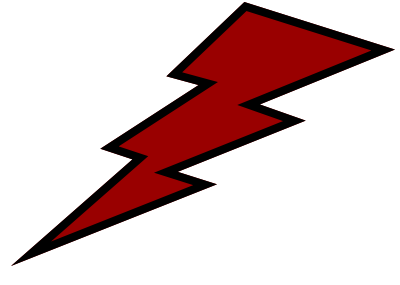
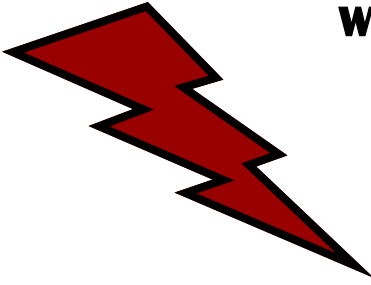


MANTECA UNIFIED SCHOOL DISTRICT NUTRITION SERVICES

WESTON RANCH HIGH SCHOOL

MENU CYCLE NOVEMBER 9, 2009 THRU MAY 28, 2010



BREAKFAST

Cougars... Roar to Success

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

THURSDAY NOV 10 5th DAY

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** 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*** Chicken Sandwich* Chili Verde Burrito** Berry Treasure Parfait *** Spicy Chicken Wrap* Garden Chicken Salad*	Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Bean and Cheese Burrito*** Deli Sandwich** Spicy Chicken Wrap* Garden Chicken Salad*
<u>Special</u> BBQ Turkey Sandwich**	<u>Special</u> Chicken Chow Mein*	<u>Special</u> Bosco Cheese Sticks w/ Marinara Sauce***	<u>Special</u> Cougar Paw ✓ (Seasoned Beef, Salsa, and Cheese wrapped in a Whole Wheat Tortilla)	<u>Special</u> Chicken Ranch Flat Bread*

*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