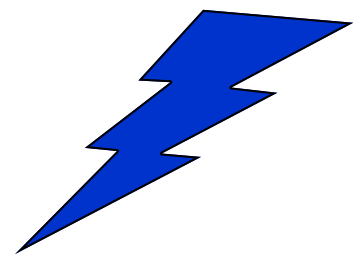
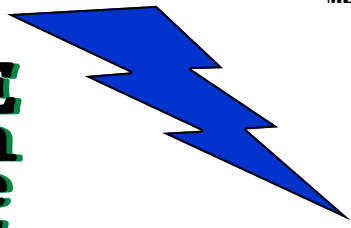


MANTECA UNIFIED SCHOOL DISTRICT NUTRITION SERVICES

SIERRA HIGH SCHOOL MENU

MENU CYCLE NOVEMBER 9, 2009 THRU MAY 28, 2010

Free or Reduced Price Lunch Day



BREAKFAST

<p>Available Daily</p> <p>Milk</p> <p>Orange Juice</p> <p>Seasonal Fresh Fruit</p> <p>Assorted Grahams</p> <p>Choice of One</p> <p>Breakfast Burrito****</p> <p>Soft Pretzel with Nacho Cheese</p> <p>Mini Pancakes</p> <p>Pop Tart</p> <p>Honey Bun</p> <p>Mini Cheeseburgers ✓</p> <p>Bagel and Cream Cheese</p>
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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
BBQ Turkey Sandwich** Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Tostitos with Cheese and Jalapenos*** Deli Sandwich** Spicy Chicken Twister Wrap* Garden Chicken Salad*	Teriyaki Take Out* Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Bean and Cheese Burrito*** Deli Sandwich** Spicy Chicken Twister Wrap* Garden Chicken Salad*	Bosco Cheese Sticks with Marinara Sauce*** Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Beef, Bean & Red Chili Burrito ✓ Deli Sandwich** Spicy Chicken Twister Wrap* Garden Chicken Salad*	"Culinary Selections" (See Culinary Selections Below) Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Bean and Cheese Burrito*** Deli Sandwich** Spicy Chicken Twister Wrap* Garden Chicken Salad*	Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Bean and Cheese Burrito*** Deli Sandwich** Spicy Chicken Twister Wrap* Garden Chicken Salad*

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

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!

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

Thursday Culinary Selections

Spaghetti with Bread Stick ✓ November 12, February 11
Turkey & Gravy** November 19 (Thanksgiving Special), December 10 (Holiday Special)
Beef Chili with Fritos ✓ December 3, January 28 (Super Bowl Special)
Cheeseburger with Chips ✓ December 17, January 21, March 4, March 25, May 20
Hot Pastrami Sandwich with Chips** January 7, February 5, March 11
Philly Cheese Steak Sandwich with Chips ✓ January 14, February 25, April 8, April 29
Hot Pastrami Sandwiches** (St. Patrick's Day Special) - March 17
Chili Cheese Wedges ✓ - April 15
Sub Special with Chips** - April 22, May 13
Beef Taco Bar ✓ - May 5