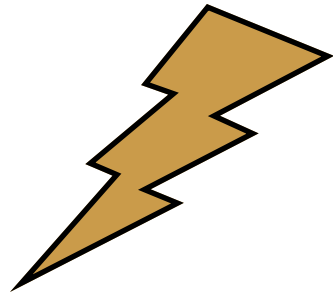
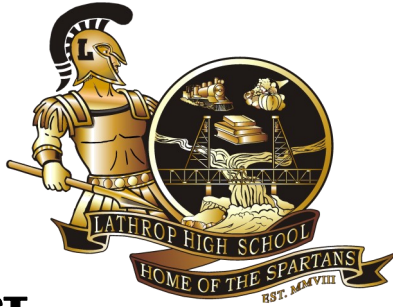
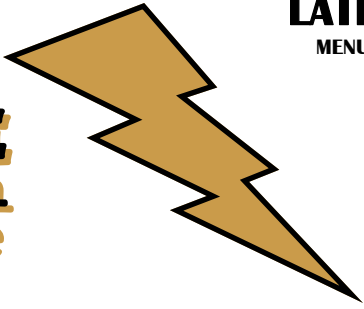


MANTECA UNIFIED SCHOOL DISTRICT NUTRITION SERVICES

**LATHROP HIGH SCHOOL MENU**

MENU CYCLE NOVEMBER 9, 2009 THRU MAY 28, 2010

**Free Online Lunchbox**



**BREAKFAST**

Available Daily

- Milk
- Orange Juice
- Seasonal Fresh Fruit
- Assorted Grahams

Choice of One

- Breakfast Burrito\*\*\*\*
- Soft Pretzel with Nacho Cheese
- Pop Tart
- Mini Pancakes
- Mini Cheeseburger ✓
- Honey Bun
- 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
BBQ Turkey Sandwich** Pepperoni Pizza**** Cheese Pizza*** Chicken Sandwich* Tostitos with Cheese and Jalapenos*** Deli Sandwich** Spicy Chicken Twister Wrap* Garden Chicken Salad*	Deluxe Cheeseburger ✓ Chili Cheese Dog and Chips* Pepperoni Pizza**** Cheese Pizza*** Chicken Ranch Pizza* Chicken Sandwich* Berry Treasure Parfait *** 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*	Philly Cheese Steak Sandwich and Chips ✓ Chili Verde Burrito** Pepperoni Pizza**** Cheese Pizza*** Taco Pizza ✓ Chicken Sandwich* Berry Treasure Parfait *** Spicy Chicken Twister Wrap* Taco Salad ✓	"Spartan Special" Spicy Chicken Sandwich* Pepperoni Pizza**** Cheese Pizza*** BBQ Chicken Pizza* Chicken Sandwich* 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](http://www.mantecausd.net/lunchbox)  
 to prepay online using e-Funds.  
 Visit: [www.mantecausd.net/nutritionsvc](http://www.mantecausd.net/nutritionsvc)  
 for menus and other interesting Nutrition Service Programs



**"Spartan Special"**

<p><b>Chicken Chow Mein*</b>                      November 13, January 15, March 12, April 23</p>
<p><b>Cold Boboli Pizza***</b>                      November 20, January 22, March 26, May 14</p>
<p><b>Hot Pastrami Sandwich with Doritos**</b>                      December 4, February 5, March 19, May 21</p>
<p><b>Carne Asada Burrito ✓</b>                      December 11, February 26, April 9</p>
<p><b>Enchirito with Tex Mex Rice***</b>                      January 8, March 5, April 30</p>
<p><b>Beef Chili with Fritos ✓ - January 29</b></p>
<p><b>Pasta w/Meatballs and Breadstick ✓ - February 12</b></p>
<p><b>Beef Chili Cheese Potato Wedges ✓ - April 16</b></p>
<p><b>Taco Bar (Beef ✓ or Chicken*) - May 7</b></p>