

Breakfast Menu

Breakfast is served daily at Sierra Middle School.

At breakfast, each student must take at least a 1/2 cup serving of fruit and/or vegetable and 2 additional items.

* Counts as 2 items

MONDAY

Breakfast Pizza *

Mini Donuts *

TUESDAY

French Toast Sticks *

Cinnamon Roll *

WEDNESDAY

Bacon, Egg & Cheese Wrap *

Assorted Cereal *

THURSDAY

Pancake & Sausage on a Stick *

Super Donut *

FRIDAY

Egg & Cheese Breakfast Sandwich *

Assorted Cereal *

Breakfast is the most important meal of the day.

Children who eat breakfast show an increased ability to learn, better academic performance, and may have a decreased risk of being overweight. Good nutrition helps you perform to your highest potential.

It's a healthy way to start your day!

About School Meals

School meals must meet the following nutrient standards over the course of the week for grades 7 thru 8:

Minimum Of The

Recommended Dietary Allowances or RDA

<u>BREAKFAST</u>	<u>LUNCH</u>
Calories 400—550	600—700
1/4 of the RDA for:	1/3 of the RDA for:
Protein	Protein
Calcium	Calcium
Iron	Iron
Vitamin A	Vitamin A
Vitamin C	Vitamin C

Maximums For Breakfast And Lunch For The Following:

No more than 30% calories from fat.

No More than 10% calories from saturated fat.

For more information about school lunches contact us at:

Child Nutrition Services
Lincoln Unified School District
6225 Harrisburg Place, Suite A
Stockton, CA 95207
Phone: 209-953-8655

Free and Reduced-Price Meal Program

Free and reduced-price meals are offered daily at Lincoln High School. As always, your participation is confidential and not known by other students.

If you did not receive a letter qualifying you for free meals by direct certification, you must submit a new application for the current school year to participate in the free and reduced price meal program. Applications are available at the school office and in the cafeteria. **You may also apply online at www.mymealtime.com.**

This institution is an equal opportunity provider.

Spartan Cafe



Sierra Middle School

Menu

2016-2017

Read Inside To Learn About...

**Sierra Middle School Menus
Apply Online for Free and
Reduced-Price Meals
School Meal Nutrition**

Daily Lunch Menu

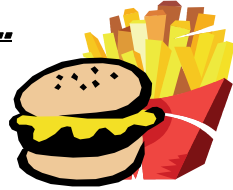
Big Daddy's Pizza



Pepperoni, Cheese ♦, 4-Meat Combo, Buffalo Chicken

Burgers, Buns & More.....

Served w/Seasoned Potatoes



Spicy Chicken Sandwich
Honey B-B-Q Beef Rib
Cheeseburger
Popcorn Chicken Bites

NEW! Corn Dog

NEW! SUPERPRETZEL w/Cheese Sauce ♦



FRESH SANDWICHES

Served w/Chips

Deli Turkey & Pepper Jack Cheese
Turkey Ham & Cheese

NEW! Turkey Ham, Turkey Salami & Cheese
on a Ciabatta Roll

FIESTA FOOD

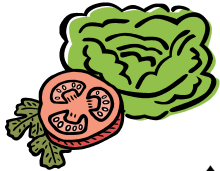
Nachos
Bean & Cheese Burrito ♦
Pork Carnitas Burrito
Chicken Salsa Verde Burrito



GARDEN FRESH

Chef Salad
Ranch Chicken Salad
Taco Salad
Garden Bar ♦

♦ Indicates meatless entrée



Menu subject to change based on product availability.

Daily Lunch Menu On The Cart

Available Outside Daily

Cheeseburger

Spicy Chicken Sandwich

Salads

Burritos

Big Daddy's Pizza

Pepperoni, Cheese ♦, 4-Meat Combo, Buffalo Chicken

Daily Specials

Available Inside

Monday

Spicy Sichuan Chicken & Rice

Tuesday

Pasta w/Meat Sauce & Roll

Wednesday

NEW! Cheese Enchiladas ♦

Thursday

Teriyaki BBQ Chicken & Rice

Friday

Pork Chop, Salisbury Steak, Meatloaf,

OR

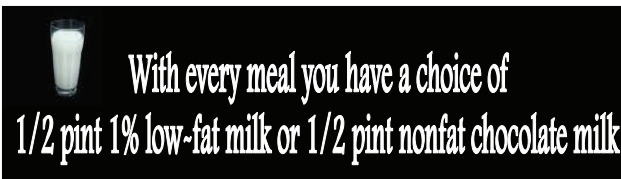
Turkey & Gravy

w/Mashed Potatoes & Roll

All grains served are whole grains.

The Garden Bar is offered as part of every healthy lunch.

Students may choose from a variety of fresh, canned and dried fruits and vegetables.



With every meal you have a choice of
1/2 pint 1% low-fat milk or 1/2 pint nonfat chocolate milk

Child Nutrition Services staff have been very busy all summer looking for new and exciting things to add to our menus this school year. We will be adding new items on a regular basis so check back often to see what's new!

Again this fall, Lincoln Unified school cafeterias are meeting state and federal nutrition standards for school meals, ensuring that our meals are healthy and well-balanced and provide students the nutrition they need to succeed in school. Now is a great time to encourage your children to choose school breakfast and lunch!

School meals offer students milk, fruits, vegetables, proteins and grains. They must meet strict limits on saturated fat, sodium and calories. In school year 2016-2017, school breakfast & lunch will continue to meet standards requiring:

- * Age appropriate calorie limits
- * Fat-free or 1% milk (flavored milk must be fat-free)
- * A wide variety of fruits and vegetables
- * Whole grain products

As we continue to implement federal and state meal regulations, students are still required to select at least a 1/2 cup serving of fruit and/or vegetable with both their breakfast & lunch meals.

Please let us know if you have any special dietary needs or requests and we will do our best to accommodate you.

We're always working to offer healthy and tasty choices!

PRICES

Lunch.....\$2.75

Breakfast.....Free

Milk.....\$.40

Reduced-price meals.....No Charge