

# Breakfast Menu

Breakfast is served daily at the  
End Zone & The Huddle

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 \*

Assorted Cereal \*

## TUESDAY

French Toast Sticks \*

Cinnamon Roll \*

Assorted Cereal \*

## WEDNESDAY

Bacon, Egg & Cheese Wrap \*

Assorted Muffin Tops \*

Assorted Cereal \*

## THURSDAY

Pancake & Sausage on a Stick \*

Cinnamon Roll \*

Assorted Cereal \*

## FRIDAY

Egg & Cheese Breakfast Sandwich \*

Super Donut \*

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 9 thru 12:

## Minimum Of The Recommended Dietary Allowances or RDA

### BREAKFAST

Calories 450—600

1/4 of the RDA for:

Protein

Calcium

Iron

Vitamin A

Vitamin C

### LUNCH

Calories 750—850

1/3 of the RDA for:

Protein

Calcium

Iron

Vitamin A

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](http://www.mymealtime.com).**

**This institution is an equal opportunity provider.**

# Lincoln High School Menu 2016-2017



Meals Available at  
The End Zone (Breakfast & Lunch)  
The Huddle (Breakfast & Lunch)  
LHS Lunch Carts

# School Lunch Menu

Available at the  
End Zone & Huddle.

## CHICKEN MIX

Served With Seasoned Potato Wedges

-  Spicy Chicken Sandwich
- Popcorn Chicken Bites
-  Oven Baked Buffalo Chicken

## BURGERS, BUNS & MORE

Served With Seasoned Potato Wedges

- Cheeseburger
- Honey BBQ Beef Rib on a Roll

**NEW!** Corn Dog

**SUPERPRETZEL** w/Cheese Sauce ♦

## FRESH WRAPS

Served With Chips

-  Spicy Chicken Wrap
- Chicken Wrap

## A VARIETY OF DELI SANDWICHES

Served w/Chips

- Turkey Ham & American Cheese
- On a Deli Roll

- Deli Turkey Breast & Pepperjack Cheese
- On a Deli Roll

**NEW!** Turkey Ham, Turkey Salami & Cheese  
On a Ciabatta Roll

## FIESTA FOOD

Nachos

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


**NEW!** Cheese Enchiladas

## RICE BOWLS

-  Spicy Sichuan Chicken
- Teriyaki Chicken

## GARDEN FRESH

- Ranch Chicken Salad
- Chef Salad
- Taco Salad
- Garden Bar ♦

 Indicates spicy entre

♦ Indicates meatless entrée.

Menu subject to change based on product availability.

# Baked Fresh Daily! Big Daddy's Pizza



## Pepperoni

## Cheese ♦

## 4-Meat Combo

## Buffalo Chicken

## **PRICES**

Lunch.....\$2.75

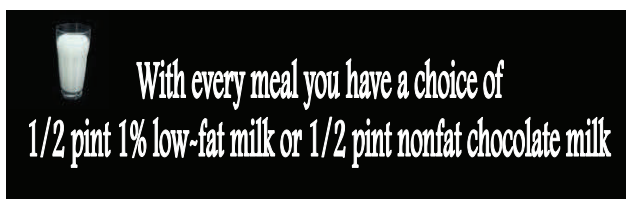
Breakfast.....FREE

Milk.....\$.40

Reduced-price Meals..No Charge!

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.



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!

## BARBECUE

## Every Tuesday and Thursday

## Near The End Zone

## Featuring:

## Grilled Cheeseburgers

