

# 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 \*

Assorted Cereal \*

## TUESDAY

French Toast Sticks \*

Cinnamon Roll \*

## WEDNESDAY

Bacon, Egg & Cheese Eggstravaganza

w/Hash Browns \*

Assorted Cereal \*

## THURSDAY

Pancake & Sausage on a Stick \*

Super Donut \*

## FRIDAY

Strawberry Pop-Tarts \*

Assorted Cereal \*

# 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 Sierra Middle School. As always, your participation is confidential and not known by other students.

If you did not receive a letter qualifying you for free or reduced 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.

# Spartan Cafe



# Sierra Middle School

## Menu

# 2017-2018

## Read Inside To Learn About...

### Sierra Middle School Menus

### Apply Online for Free and Reduced-Price Meals

### School Meal Nutrition Information

### 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!

# Daily Lunch Menu

## Big Daddy's Pizza



Pepperoni, 4-Meat Combo & Cheese ♦

### Chicken Mix.....

Served w/Seasoned Potato Wedges

Spicy Chicken Sandwich  
Popcorn Chicken Bites

### Burgers, Buns & More.....

Honey B-B-Q Beef Rib

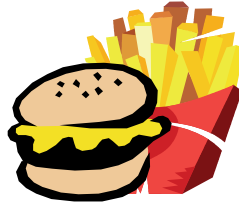
Served w/Seasoned Potato Wedges

Cheeseburger

Served w/Seasoned Potato Wedges

**SUPERPRETZEL w/Cheese Sauce ♦**

Pasta Served w/Bread Stick



### FRESH SANDWICHES

Served w/Chips

Turkey & Pepper Jack Cheese

Turkey Ham & Cheese

**WowButter & Jelly ♦**



### FIESTA FOOD

Bean & Cheese Burrito ♦

Pork Carnitas Burrito

Chicken Salsa Verde Burrito

Cheese Enchiladas (Thursday Only) ♦

**NEW!** Chicken Tamale (Tuesday Only)

Nachos

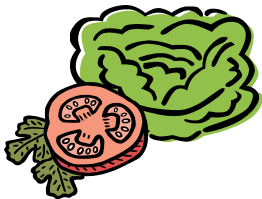


### GARDEN FRESH

Chef Salad

Ranch Chicken Salad

Garden Bar ♦



♦ Indicates meatless entrée

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.

# Daily Lunch Menu On The Cart

Available Outside Daily

**Cheeseburger**

w/Seasoned Potato Wedges

**Spicy Chicken Sandwich**

w/Seasoned Potato Wedges

**Salads**

**Burritos**

**Big Daddy's Pizza**

Pepperoni, 4 Meat Combo & Cheese ♦

## Daily Specials

Available Inside

### Monday

Spicy Sichuan Chicken & Rice

### Tuesday

**NEW!** Chicken Tamale

### Wednesday

Teriyaki Chicken & Rice w/Egg Roll

### Thursday

Cheese Enchilada ♦

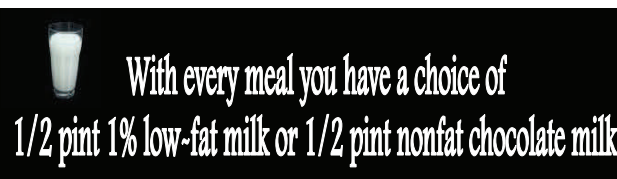
### Friday

Pork Chop, Salisbury Steak, Meatloaf,

or Turkey & Gravy

w/Mashed Potatoes & Dinner Roll

Menu subject to change based on product availability.



All of us in the Child Nutrition Services Department hope everyone had a fun and restful summer!

Again this fall, Lincoln Unified school cafeterias are meeting State & 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 2017-2018, 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 State & Federal 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.

As food costs continue to rise, it is necessary for us to increase our full-price meals to \$3.00 this school year for our Sierra Middle School and Lincoln High School students. This increase will help us to continue to bring new delicious and nutritious entrees, fruits and vegetables to our students.



## PRICES

Lunch.....\$3.00

Breakfast.....Free

Milk.....\$.40

Reduced-price meals.....No Charge