

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

NEW! Bacon, Egg & Cheese Eggstravaganza
& Hash Browns *

Assorted Muffin Tops *

Assorted Cereal *

THURSDAY

Pancake & Sausage on a Stick *

Cinnamon Roll *

Assorted Cereal *

FRIDAY

NEW! Pop-Tarts *

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
Email: cns.lusd@lusd.net

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 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.**

This institution is an equal opportunity provider.

Lincoln High School Menu 2017-2018



Meals Available at

The End Zone (Breakfast & Lunch)

The Huddle (Breakfast & Lunch)

LHS Lunch Carts

School Lunch Menu

Available at the End Zone & Huddle

◆ Indicates Meatless Entrée

CHICKEN MIX

Served With Seasoned Potato Wedges
Oven Baked Buffalo Chicken
Spicy Chicken Sandwich
Popcorn Chicken Bites

BURGERS, BUNS & MORE

Cheeseburger w/Seasoned Potato Wedges
Honey BBQ Beef Rib on a Roll
w/Seasoned Potato Wedges
SuperPretzel w/Cheese Sauce ◆
NEW! Pasta w/Bread Stick

FRESH WRAPS

Served With Chips
Spicy Chicken Wrap
Chicken Wrap

SANDWICHES

Served w/Chips
Turkey Ham & American Cheese
On a Deli Roll
Turkey Breast & Pepperjack Cheese
On a Deli Roll
NEW! WowButter & Jelly ◆

FIESTA FOOD

NEW! Chicken Tamale
Cheese Enchiladas ◆
Chicken Salsa Verde Burrito
Pork Carnitas Burrito
Bean & Cheese Burrito ◆
NEW! Three-Layer Dip w/Chips ◆
Nachos

ASIAN CUISINE

Spicy Sichuan Chicken & Rice w/Vegetable Egg Roll
Teriyaki Chicken & Rice w/Vegetable Egg Roll
NEW! Chicken Egg Rolls

GARDEN FRESH

Ranch Chicken Salad
Chef Salad
Garden Bar ◆

Baked Fresh Daily! Big Daddy's Pizza



Pepperoni

Cheese

4-Meat Combo

Hawaiian (Fridays Only)

PRICES

Lunch.....\$3.00

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.

Menu subject to change based on product availability



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

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 9-12 grade students. This increase will help us to continue to bring new delicious and nutritious entrees, fruits & vegetables to our students.

Be sure to check often for daily specials throughout the school year!

BARBECUE

Every Tuesday and Thursday

Near The End Zone

Featuring:

Grilled Cheeseburgers

