

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 All grains are whole grains

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.**

This institution is an equal opportunity provider.

Spartan Cafe



Sierra Middle School

Menu

2019-2020

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 & Cheese ♦

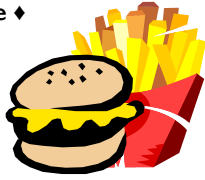
Chicken Mix.....

Served w/Seasoned Potato Wedges

Spicy Chicken Sandwich

Popcorn Chicken Bites

Oven Baked Buffalo Chicken (Thursday Only)



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/Garlic Bread Stick



FRESH SANDWICHES

Served w/Chips

Turkey & Pepper Jack Cheese

Turkey Ham & Cheese



FIESTA FOOD

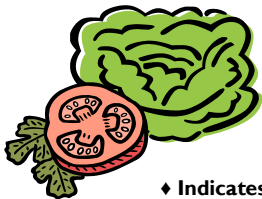
Bean & Cheese Burrito ♦

Pork Carnitas Burrito *

Chicken Salsa Verde Burrito *

Chicken Tamale (Tuesday Only)

Nachos



♦ Indicates meatless entrée

GARDEN FRESH

Chef Salad

Ranch Chicken Salad

Garden Bar ♦

All grains served are whole grains except those marked with an *

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 & Cheese ♦

Daily Specials

Available Inside

Monday

Spicy Sichuan Chicken & Rice *

Tuesday

Chicken Tamale

Wednesday

Teriyaki Chicken & Rice * w/Egg Roll

Thursday

NEW! Oven Baked

Buffalo Chicken

Friday

Pork Chop, Salisbury Steak, Meatloaf,
or Turkey & Gravy

w/Mashed Potatoes & Dinner Roll

Menu subject to change based on product availability.

**With every meal you have a choice of
1/2 pint 1% low-fat or nonfat
white 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 2019-2020, 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 \$3.25 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.....\$3.25
Breakfast.....Free
Milk.....\$.40
Reduced-price meals.....No Charge