

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 *
Assorted Cereal

Tuesday

French Toast Sticks *
Cinnamon Roll *

Wednesday

Bacon, Egg & Cheese Wrap *
Assorted Cereal

Thursday

Pancake & Sausage on a Stick *
Super Donut *

Friday

Mini Maple Pancakes *
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:

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 meals contact us at:
Child Nutrition Services
Lincoln Unified School District

6225 Harrisburg Place
Stockton, CA 95207
Phone: 209-953-8655



It's easy to put money on your account!

Your parent can make credit card or ATM deposits into your cafeteria account.

Go directly to: www.mymealtime.com.

Follow the easy instructions to make payments to your account or view your daily activity. If you need help starting up, call Child Nutrition Services at 953-8401.

Online Payments are processed immediately and will be automatically reflected in the student's account as of 2 a.m. Pacific Standard Time on the transaction date according to the district's scheduled transfer process.

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If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

"USDA is an equal opportunity provider and employer."

Spartan Cafe



Sierra Middle School Menu 2015-2016

Read Inside To Learn About...

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

Daily Lunch Menu

◆ Indicates Non-Meat Entrée Menu subject to change without notice.

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.

Big Daddy's Pizza



Pepperoni or Cheese

Burgers & Buns, Chicken Mix

Served w/Seasoned Potatoes



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



FRESH SANDWICHES

Served w/Chips

- Deli Turkey & Pepper Jack Cheese
- Turkey Ham & Cheese



FIESTA FOOD

- Nachos
- Bean & Cheese Burrito ◆



GARDEN FRESH

Served w/Roll

- Chef Salad
- Ranch Chicken Salad

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



Daily Lunch Menu On The Carte

Available Outside Daily

- Cheeseburger
- Spicy Chicken Sandwich
- Chef Salad w/Roll
- Ranch Chicken Salad w/Roll
- Big Daddy's Pizza
- Pepperoni or Cheese ◆

Daily Specials Available Inside

Monday

Spicy Sichuan Chicken & Rice

Tuesday

Rotini w/Meat Sauce & Roll

Wednesday

Salisbury Steak
w/Mashed Potatoes & Gravy

Thursday

Teriyaki BBQ Chicken & Rice

Friday

Turkey & Gravy w/Potatoes & Roll

Free and Reduced-Price Meal Program

Free and reduced-price meals are offered at SMS. 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 the cafeteria. **You may also apply online at www.mymealtime.com**

The Cook's Corner

Many changes have taken place in LUSD Child Nutrition Services during summer break. The District has opened the John McCandless Charter School, construction has been ongoing at many locations throughout our district and the Child Nutrition Services Office is currently in the process of moving to a new location at 6225 Harrisburg Place. We anticipate being able to operate out of the new location by the beginning of the new school year.

Again this fall, Lincoln Unified School District cafeterias are meeting federal nutrition standards for school meals, ensuring that our meals are healthy and well-balanced, providing 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 2015-2016, 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 must take at least a 1/2 cup serving of fruit and/or vegetable with their breakfast & lunch meals.

The cost for a full priced lunch has increased \$0.10 to \$2.75. Child Nutrition Services purpose is to offer the highest quality, locally grown fruits & vegetables and serve healthy, tasty meals to the students of Lincoln Unified School District.

PRICES

Lunch.....	\$2.75
Breakfast.....	No Charge
Milk.....	\$.40
Reduced-price meals.....	No Charge