

Breakfast Menu

Served Daily

Choice of one of the entrees listed below with a choice of juices, fresh fruit, and milk.

MONDAY

Pancake Sausage on Stick
Yogurt, Variety
Assorted Cereal

TUESDAY

Scrambled Eggs, Pork Sausage, and Biscuit
Assorted Muffins
Assorted Cereal

WEDNESDAY

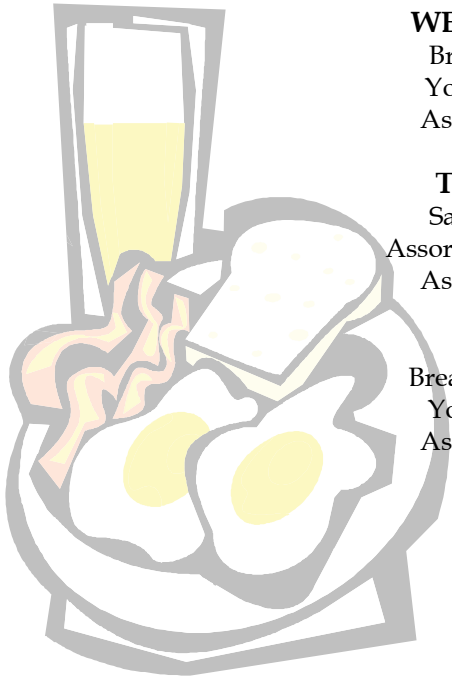
Breakfast Pizza
Yogurt, Variety
Assorted Cereal

THURSDAY

Sausage Biscuit
Assorted Pop Tarts
Assorted Cereal

FRIDAY

Breakfast Burrito
Yogurt, Variety
Assorted Cereal



Breakfast is the most important meal of the day. Studies have shown that students who eat breakfast at school benefit nutritionally, academically and physically. Good Nutrition helps you perform to your highest potential. It's a healthy start to your day.

School Meals

School meals must meet the following nutrient standards over the course of the week:

Minimum of the Recommended Dietary Allowances or RDA

BREAKFAST	LUNCH
1/4 of the RDA for:	1/3 of the RDA for:
Calories - 544	Calories - 825
Protein	Protein
Calcium	Calcium
Iron	Iron
Vitamin A	Vitamin A
Vitamin C	Vitamin C

Maximums for Breakfast and Lunch

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/Food Services
1944 El. Pinal Drive
Stockton, CA 95205-2548
(209) 933-7015 ext. 2260

EMPLOYMENT OPPORTUNITIES Child Nutrition/ Food Services



is seeking individuals for employment as Substitute Food Services Workers.

Apply at: Stockton Unified School District,
Human Resources, 701 N. Madison St.,
Stockton, CA, (209) 933-7065

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call 800-795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.

High School Menus



Delta Kings



FRANKLIN HIGH

School Lunch Menu

Served Daily



CHOPSTICKS

Served with fried rice or noodles
Orange Chicken
Teriyaki Chicken
Eggrolls

DA" GRILL

Served with oven baked fries
Burgers, Variety
Chicken Sandwiches, Variety
Soups - SEASONAL ONLY



LA SALSA

Served with Spanish Rice or Refried Beans, or Chili Beans
Beef or Chicken Tacos
Beef or Chicken Burritos
Beef or Chicken Nachos



DELI

Served with a variety of chips
Turkey and Cheese Hoagie
Ham and Cheese Hoagie
Wraps, Variety
Chicken Caesar Salad



A TASTE OF PASTA

Served with fresh baked breads
Spaghetti or Rotini, or Baked Potato
Sauce, Variety
Meatball or Diced Chicken
Pizza, Variety



Lunches include: Milk, Garden Greens,
and a variety of Fruits and Vegetables

BARBECUE



Every Wednesday

Featuring:

- Hamburger
- Chicken
- Hot Dogs
- Chicken Kabobs

PRICES

Lunch	\$2.25
Reduced-Price Lunch40
Breakfast	\$1.50
Reduce-Price Breakfast30
Milk50
Adult Breakfast.....	\$2.25
Adult Lunch.....	\$3.25

Free/Reduced Lunch Program

Free and reduced meal prices are available to qualifying individuals. 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 prices, you must submit a yearly meal application for the 2009-2010 school year to participate. Lunch applications are available at the school office and the cafeteria.

REMEMBER...If you qualify for a free or reduced-price lunch you also qualify for free or reduced-price breakfast.



Fruits & Vegetables In Your Lunch

Studies have shown the effectiveness that fruits and vegetables play in promoting health, fighting disease and preventing obesity. Studies also show that these items are those least often consumed by today's families on the run. Fruits and vegetables are necessary to promote a healthy balanced diet and all adults and students are encouraged to eat "5 A Day" for health. We at Food Services are dedicated to offering the widest selection possible to encourage you to adopt this healthy habit.

Each day our staff offers fresh fruits and vegetables so that you can have benefit of fruits and vegetables as part of your meal. Grapes, kiwi, apples, oranges, bananas, pears, strawberries, tangelos, pineapple, and melons are offered in season. A variety of fresh raw vegetables are also offered. Carrots, celery, garden green salad, broccoli and cauliflower are among the offerings. We offer canned and frozen fruits and vegetables as well as dried fruits when available.

