



IRVINE UNIFIED SCHOOL DISTRICT NUTRITION SERVICES

# July-August 2010



Lunch Price \$3.25  
 Adult Lunch \$4.75  
 A la carte Milk 75¢

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Effective Oct. 2, 2010 ONLY those students who have submitted 2010-2011 Free &amp; Reduced Meal Applications and have received written approval from Nutrition Services Director will be eligible for free or reduced price meals. If your application has not been approved for 2010-2011 school year, starting Oct. 2 your child must pay \$ 3.25 for lunch.</b>				
		Chicken Nuggets Cinn. Glazed French Toast^ w./ Cheese Hamburger or Sandwich Tiny Twist Pretzel	Teriyaki Rice Bowl Double Cheese Pizza^ Sub Sandwich or Sandwich Fortune Cookies	Hot Dog on Bun Cheese Maxi Sticks^ w./Marinara Sauce Beef Taco Stick or Sandwich Sun Chips
		<i>July 28, 2010</i>	<b>30</b>	<b>31</b>
Belgian Waffle w./Sausage Cheese Pizza Strips^ Cheeseburger Twins or Sandwich Kids Mix Snack August 2, 2010	Meatloaf w./ Mashed Potatoes Grilled Cheese Sandwich^ Corn Dog or Sandwich Rice Krispy Treats	Hamburger Cheese Pizza Bagel^ Taco Twins or Sandwich 	Teriyaki Rice Bowl Cheese Maxi Sticks.^ w./ Marinara Sauce Cheeseburger or Sandwich Oreo Cookies <b>5</b>	Corn Dog Cheese Pizza Mini Hot Dogs or Sandwich 
<i>Vista Verde</i>	<i>Westpark</i>		<i>Plaza Vista</i>	<i>Woodbury</i>
Chicken Nuggets Double Cheese Pizza^ Mini Hot Dogs Sandwich Fruit Snacks <b>9</b>	Mini Beef Ravioli Bean & Cheese Burrito^ Cheeseburger or Sandwich 	Cheeseburger Twins Cheese Pizza^ Hamburger or Sandwich Sun Chips <b>11</b>	Spaghetti w./ Meatsauce Cinn. Glaze French Toast w./Cheese^ Sub Sandwich or Sandwich <b>12</b>	Chicken Patty on Bun Cheese Maxi Sticks^ w./Marinara Sauce Chicken Quesadilla or Sandwich Animal Snackers <b>13</b>
<i>Vista Verde</i>	<i>Westpark</i>		<i>Plaza Vista</i>	<i>Woodbury</i>
Corn Dog Cheesy Con Questo^ Taco Twins or Sandwich Rice Krispy Treats <b>16</b>	Mini Hot Dogs Macaroni & Cheese^ Taco Snack or Sandwich 	Taco Twins Cheese Pizza Bagel^ Cheeseburger or Sandwich <b>18</b>	Teriyaki Rice Bowl Cheese Pizza^ Beef Taco or Sandwich Fortune Cookies <b>19</b>	Chicken Nuggets Grilled Cheese Sandwich^ Wien. Chili Dog or Sandwich Baked Chee-tos <b>20</b>
<i>Vista Verde</i>	<i>Westpark</i>		<i>Plaza Vista</i>	<i>Woodbury</i>
Baked Chicken^ Cinn. Glaze French Toast w./Cheese^ Hamburger or Sandwich Sun Chips	Chicken Nuggets Cheese Quesadilla^ Pepperoni Pizza Strips or Sandwich Animal Snackers <b>24</b>	Beef Taco Stick Double Cheese Pizza^ Corn Dog or Sandwich Tiny Twist Pretzel <b>25</b>	Spaghetti w./ Meatsauce Cheese Pizza Bagel^ Wien. Chili Dog or Sandwich Fortune Cookies <b>26</b>	Hot Dog Cheese Maxi Sticks^ w./Marinara Sauce Beef Taco Stick or Sandwich <b>27</b>
<i>Vista Verde</i>	<i>Westpark</i>		<i>Plaza Vista</i>	<i>Woodbury</i>

**NUTRITENT ANALYSIS BASED ON WEEKLY AVERAGE**

Week of July 28-31	Week of August 3-7	Week of August 9-13	Week of August 16-20	Week of August 23-27
Calories 665	Calories 665	Calories 664	Calories 666	Calories 665
Fiber 6.58 g	Fiber 6.10 g	Fiber 6.77 g	Fiber 6.05 g	Fiber 6.48 g
Iron 5.23 g	Iron 3.97 g	Iron 4.49 g	Iron 3.82 g	Iron 3.53 g
Protein 26.89 g	Protein 27.35 g	Protein 27.58 g	Protein 27.04 g	Protein 28.36 g
Carbs. 101.79 g	Carbs. 102.49g	Carbs. 102.31 g	Carbs. 102.68 g	Carbs. 100.23 g
Total Fat 17.19 g	Total Fat 116.74 g	Total Fat 16.88 g	Total Fat 16.77g	Total Fat 17.06 g
Sat. Fat 5.08 g	Sat. Fat 5.90 g	Sat. Fat 5.18 g	Sat. Fat 5.41 g	Sat. Fat 5.60 g



**Menu complies with the requirements of National School Lunch Program.**  
 Students can choose one entrée plus two items from the Fruit and Vegetable Group and a milk.  
 Menu subject to change without notice.  
 Menus with a\* contain pork. Menus with an^ are vegetarian.

