

BREAKFAST

\$1.80

Served with Fruit or Juice and
Choice of Milk



GRAB AND GO

Choice of Bagel, Reduced-Sugar
Cereal,
Low-Fat Cinnamon Roll,
Whole Grain Muffin, Pop Tarts



HOT BREAKFAST

Breakfast Pizza with 100% Mozzarella
Cheese,
Honey Bun,
Sunrise Sandwich,
Pancake & Sausage Stick

****Breakfast is not available at
Beechwood or Fisler Schools***

LUNCH

\$ 2.80

Served with Vegetable, Fruit or 100%
Juice and Choice of 1% White Milk or
Non-Fat Chocolate Milk

HOT ENTREES

Hamburgers*, Chicken Burger*, Spicy
Chicken Burger*, Hot Dog*, Spicy
Chicken Tenders

**Includes Whole Wheat Bun*

RICE/CHOW MEIN BOWL

Orange Chicken Rice Bowl,
Teriyaki Chicken Rice
Bowl

Or Vegetable Chow
Mein Bowl



All are made with brown rice.



PIZZA HUT PIZZA

Cheese or Pepperoni
Slice

**Options may vary slightly from
school to school. New items may
be introduced throughout the
year.*

CATERING

Catering items are available for class
parties or school functions. Please call
714-447-7437 for more information.
You may also visit the Fullerton School
District Website at www.fsd.k12.ca.us
to view our catering menu.

A LA CARTE

\$0.25-3.50

BEVERAGES

100% Fruit Juice
Beverages, Gatorade,
Water, or Slushies
No sodas are sold to
students.



SNACKS

Hot Pretzels, Baked Chips, Corn
Nuts, Soup, Sunflower Seeds

SWEET TREATS

Reduced-Fat Brownies,
Reduced-Fat Cookies



JAMBA JUICE

\$2.50

100% Fruit Smoothies in a variety
of flavors from Jamba Juice are
available every Thursday.

FRESH GRILL SANDWICHES AND SALADS

Turkey, Ham, Egg, and Tuna
Sandwiches on freshly baked
bread. Chicken Caesar,
Razzleberry, and BBQ Chicken
Salads are available daily.

FRUIT AND YOGURT PARFAIT

Seasonal Fruit and Low-Fat
Yogurt

Students at Junior Highs have a variety of healthy food options to select from every day.

Students may pay cash in line or use a prepaid account.

Preferred Method

Accounts may be prepaid using prepay envelopes available in the office by:

- sending a check made payable to Nutrition Services
- Returned checks will be charged a \$25.00 fee.

Credit Card Payments

Credit cards can be used for payments on the mySchoolBucks.com website ONLY. Please allow 2 business days for transactions to process.

Free and Reduced-Price Meals

* Applications for free or reduced-price meals are available at the Nutrition Office. Applications are processed and approved based either on the income guidelines set by the State of California or by categorical eligibility.

Nutrient Analysis

Hamburger:	298 calories, 11 grams fat (34.07%)
Chicken Burger:	321 calories, 13.89 grams fat (38.95%)
Orange Chicken Rice Bowl:	661 calories, 13.7 grams fat (18.7%)
Teriyaki Chicken Rice Bowl:	462 calories, 7.77 grams fat (15.13%)
Vegetable Chow Mein Bowl:	509 calories, 8.25 grams fat (14.59%)
Spicy Chicken Sandwich:	311 calories, 12.89 grams fat (28.2%)
Spicy Chicken Tenders:	293 calories, 16 grams fat (49.09%)
Papa John's Cheese Pizza (1 slice):	370 calories, 12.57 grams fat (30.60%)
Papa Johns Pepperoni Pizza (1 slice):	388 calories, 14.68 grams fat (34.07%)
Average Lunch Should Provide:	783 calories, 30% Fat Equivalent to 1/3 Recommended Daily Allowance

What Can I Eat?

Junior High School Menu

The food choices available to Junior High Student for 2011-2012



Welcome to all families of junior high school students for the 2011-2012 school year from Nutrition Services.

There are a variety of delicious and healthy food options available for breakfast, lunch, and snacks.

