

IRVINE UNIFIED SCHOOL DISTRICT NUTRITION SERVICES









Elementary Speedline Menu



Lunch Price \$3.25
Adult Lunch \$4.75

A la carte Milk 75¢



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Effective Oct. 19, ONLY those students who have submitted 2008-09 Free & Reduced Meal 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 2009-10 school year, starting Oct. 19 your child must pay \$ 3.25 for lunch.		Spaghetti W. Meat Sauce Cheese Pizza [^] Cheeseburger on Bun or Sandwich Oreo Cookies	Green Chili Taco Mini Maple Pancakes [^] Mini Hot Dogs or Sandwich
			Northwood/Oak Creek	Springbrook/Stonecreek
Chicken Nuggets Double Stuffed Pizza [^] All American Hamburger or Sandwich Fruit Snacks 5	Beef Ravioli French Toast [^] Corn Dog or Sandwich Animal Snackers 6	Cheeseburger Twins Cheese Pizza [^] Mini Hot Dogs  or Sandwich Baked Chee-tos 7	Teriyaki Rice Bowl Bean & Cheese Burrito [^] Wienerschnitzel Chili Dog or Sandwich Fortune Cookie 8	Chicken Patty/Wheat Bun Cheese Sticks [^] Green Chili Taco or Sandwich  9
Santiago Hills/Stonegate	Turtle Rock/University Park	Alderwood/Bonita Canyon	Brywood/Canyon View	College Park/Culverdale
Corn Dog Cheese Pizza Strips [^] Held Ham & Cheese Sandw or Sandwich Animal Snackers 12	Macaroni & Cheese Mini Hot Dogs Fiesta Burrito [^] or Sandwich	Chicken Chimichanga Cheese Pizza Bagel [^]  Cheeseburger or Sandwich Baked Chee-tos 14	Meatloaf w. Mashed Pot. Grilled Cheese Sandwich Taco Twins or Sandwich Choc. Chip Cookie 15	Popcorn Chicken Cheese Pizza [^] Wien. Chili Dog or Sandwich Rice Krispie Treats 16
Deerfield/Eastshore	Oak Creek/Meadowpark	Northwood/Greentree	Springbrook/Stonecreek	Stonegate/University Park
	Corn Dog  Bean & Cheese Burrito [^] Cheeseburger or Sandwich Proball 20	Green Chili Taco Mini Straw. Pancake w./Chs Pepperoni Pizza or Sandwich Animal Snackers 21	Spaghetti w./Meatsauce Smuckers Grill. Cheese Sand [^] All American Hamburger or Sandwich	Cheeseburger Twins Cheese Pizza [^] Chicken Quesadilla or Sandwich Happy Birthday Cookie 23
Staff Development Day	Plaza Vista/Vista Verde	Santiago Hills/Westpark	Woodbury/Alderwood	Turtle Rock/Bonita Canyon
Baked Chicken French Toast [^] Wien. Chili Dog or Sandwich 26	 Chicken Nuggets Cheese Quesadilla [^] Pepperoni Pizza Strip or Sandwich Choc. Chip Cookie 27	Corn Dog Bean & Cheese Burrito [^] All American Hamburger or Sandwich Baked Potato Chips 28	 Teriyaki Rice Bowl Cheese Pizza [^] Sub Sandwich or Sandwich Fortune Cookie 29	Bat Bite Nuggets Cheese Maxi Sticks Beef Taco Stick or Sandwich Fruit Snacks 30
Brywood/Canyon View	Culverdale/Greentree	Northwood/Deerfield	College Park/Eastshore	Meadowpark/Oak Creek



Schools having Pizza Days are listed under the day and highlighted in orange.
Second slice of pizza is sold as a meal. Students pay \$ 3.25 for second meal.



Menu items with an * contain Pork. Menu items with a ^ are Vegetarian.

Every day other entrees are offered along with the listed items. Students can choose one entrée plus two items from the Fruits and Vegetables.

NUTRIENT ANALYSIS BASED ON WEEKLY MENU AVERAGE				
Week of Sept. 28-Oct.2	Week of Oct.5-Oct.11	Week of Oct.12-Oct.16	Week of Oct. 19-Oct.23	Week of Oct. 26-Oct.30
Calories 671	Calories 678	Calories 671	Calories 696	Calories 665
Protein 25.72 g	Protein 25.72 g	Protein 27.43 g	Protein 28.27 g	Protein 27.90 g
Carbs. 102.81 g	Carbs. 102.81 g	Carbs. 103.86 g	Carbs. 102.76 g	Carbs. 102.22 g
Fiber 6.26 g	Fiber 6.26 g	Fiber 6.05 g	Fiber 6.26 g	Fiber 6.13 g
Total Fat 18.63 g	Total Fat 18.63 g	Total Fat 18.32 g	Total Fat 19.84 g	Total Fat 17.72 g
Sat. Fat 6.14 g	Sat. Fat 6.14 g	Sat. Fat 6.60 g	Sat. Fat 6.75 g	Sat. Fat 5.77 g

Menu subject to change without notice. Menu complies with the requirements of National School Lunch Program.