



FEBRUARY | 2019

Manchester High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Hamburger on Bun Pkg. Snack Baked Fries Broccoli & Cheese* Fruit-Choice* ½ Pint Milk-Choice	5 Nachos w/ Meat Cheese Sauce Refried Beans* Salsa * Steamed Corn* Fruit-Choice* ½ Pint Milk-Choice	6 WG Popcorn Chicken RF Doritos Green Beans* Baby Carrots* Fruit-Choice* ½ Pint Milk-Choice	7 WG Pizza Choice Tossed Salad* Broccoli Cup* Ranch Dressing Frozen Fruit Cup* ½ Pint Milk-Choice	8 Pizza Crunchers w/Pizza Sauce Veggie Cup* Cucumbers* Ranch Dressing Fruit-Choice* ½ Pint Milk-Choice
11 Rotini WG Breadstick Tossed Salad* Green Beans* Ranch Dressing Fruit-Choice* ½ Pint Milk-Choice	12 Hot Dog on Bun Pkg. Snack Sauce Baked Beans Cherry Tomatoes* Fruit-Choice* ½ Pint Milk-Choice	13 Chicken Tenders Mac & Cheese Broccoli Cup* Cole Slaw* Ranch Dressing Fruit-Choice* ½ Pint Milk-Choice	14 WG Pizza Choice Tossed Salad* Steamed Corn* Frozen Fruit Cup* Ranch Dressing ½ Pint Milk-Choice	15 Bosco Sticks w/Pizza Sauce Tossed Salad* Veggie Cup* Fruit-Choice* Ranch Dressing ½ Pint Milk-Choice
18 No School Presidents Day	19 Beef Soft Taco Lettuce & Cheese* Salsa* Steamed Corn* Taco Sauce Fruit-Choice* ½ Pint Milk-Choice	20 WG Chicken Nuggets Goldfish Crackers Baked Beans Broccoli Cup* Fruit-Choice* Ranch Dressing ½ Pint Milk-Choice	21 WG Pizza Choice Tossed Salad* Baby Carrots* Ranch Dressing Frozen Fruit Cup* ½ Pint Milk-Choice	22 Mozzarella Sticks w/ Pizza Sauce Pkg. Snack Tossed Salad* Veggie Cup* Fruit-Choice* Ranch Dressing ½ Pint Milk-Choice
25 Chili ½ Peanut Butter Sandwich Crackers Celery Sticks* Baby Carrots* Fruit-Choice* ½ Pint Milk-Choice	26 Grilled Cheese Tater Tots Broccoli Cup* Fresh Fruit* ½ Pint Milk-Choice	27 Chicken Patty on Bun Baked Beans Baby Carrot*s Fruit-Choice* Ranch Dressing ½ Pint Milk-Choice	28 WG Pizza Choice Tossed Salad* Steamed Corn* Frozen Fruit Cup* Ranch Dressing ½ Pint Milk-Choice	1 Pizza Pocket Tossed Salad* Veggie Cup* Ranch Dressing Fruit-Choice* ½ Pint Milk-Choice

Student Lunches

School lunches have undergone a healthy makeover under the Healthy Hunger Free Kids Act of 2010. Students are offered a serving of meat/meat alternate, grains, fruits, vegetables and fat free white or flavored milk. Students are required to take at least one serving of fruit or vegetable at lunch. Meals are controlled for calories, sodium, total fat, saturated fat and no trans-fats by three age categories of K-5, 6-8 and 9-12. Meal choices will differ between age groups.

*INDICATES ITEM IS LOW FAT
 ➤ Sauces, Dressings & Gravy are served on the side

Lunch Prices

- Adult Lunch - \$4.25

Menu is subject to change

Milk Choice-Fat Free
 Chocolate, Fat Free
 Strawberry, or 1%
 Low Fat White

This institution is an equal opportunity provider.