



FEBRUARY | 2019

Manchester Jr. High Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 4 Hamburger on Bun 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 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 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 Carrots* 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.