



JANUARY | 2019

Manchester High School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1	2	3	4
Christmas Break				
7 Hamburger on Bun Baked French Fries Broccoli & Cheese Fruit-Choice ½ Pint Milk-Choice	8 Nachos w/Meat Cheese Sauce Refried Beans Salsa Steamed Corn Fruit-Choice ½ Pint Milk-Choice	9 WG Popcorn Chicken RF Doritos Green Beans Steamed Carrots Fruit-Choice ½ Pint Milk-Choice	10 WG Pizza Choice Tossed Salad Baby Carrots Ranch Dressing Frozen Fruit Cup ½ Pint Milk-Choice	11 Pizza Crunchers w/Pizza Sauce Veggie Cup Cucumbers Ranch Dressing Fruit-Choice ½ Pint Milk-Choice
14 Rotini WG Breadstick Tossed Salad Green Beans Ranch Dressing Fruit-Choice ½ Pint Milk-Choice	15 Mini Corndogs Baked Beans Cherry Tomatoes Fruit-Choice ½ Pint Milk-Choice	16 Chicken Tenders Mac & Cheese Broccoli Cup Cole Slaw Ranch Dressing Fruit-Choice ½ Pint Milk-Choice	17 WG Pizza Choice Tossed Salad Steamed Corn Frozen Fruit Cup Ranch Dressing ½ Pint Milk-Choice	18 Bosco Sticks w/Pizza Sauce Tossed Salad Veggie Cup Fruit-Choice ½ Pint Milk-Choice
21 No School MLK Day	22 Beef Soft Taco Refried Beans Lettuce & Cheese Salsa Steamed Corn Fruit-Choice ½ Pint Milk-Choice	23 WG Chicken Nuggets Goldfish Steamed Peas Veggie Cup Fruit-Choice Ranch Dressing ½ Pint Milk-Choice	24 WG Pizza Choice Tossed Salad Baby Carrots Frozen Fruit Cup Ranch Dressing ½ Pint Milk-Choice	25 Mozzarella Sticks w/ Pizza Sauce Pkg. Snack Tossed Salad Baby Carrots Ranch Dressing Fruit-Choice ½ Pint Milk-Choice
28 Chili ½ Peanut Butter Sandwich Crackers Celery Sticks Baby Carrots Fruit-Choice ½ Pint Milk-Choice	29 Grilled Cheese Tater Tots Cucumbers Fresh Fruit ½ Pint Milk-Choice	30 Chicken Patty on Bun Baked Beans Broccoli Cup Ranch Dressing Fruit-Choice ½ Pint Milk-Choice	31 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.