



NOVEMBER | 2018

Manchester Elementary Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|---|
| | | | 1 WG Pizza Choice Steamed Corn Tossed Salad Frozen Fruit Cup Ranch Dressing ½ Pint Milk-Choice | 2 Cheesy Garlic Bread Veggie Cup Tossed Salad Fruit-Choice Ranch Dressing ½ Pint Milk-Choice |
| 5 Chili ½ PB Sandwich Crackers Baby Carrots Celery Sticks Fruit-Choice ½ Pint Milk-Choice | 6 Beef & Cheese Soft Taco Lettuce & Tomato Refried Beans Steamed Corn Salsa Fruit-Choice ½ Pint Milk-Choice | 7 WG Chicken Tenders Mac & Cheese Cole Slaw Green Beans Fruit-Choice ½ Pint Milk-Choice | 8 WG Pizza Choice Tossed Salad Baby Carrots Frozen Fruit Cup Ranch Dressing ½ Pint Milk-Choice | 9 Mozzarella Sticks w/Pizza Sauce Tossed Salad Veggie Cup Fruit-Choice Ranch Dressing ½ Pint Milk-Choice |
| 12 No School Veterans Day | 13 Mini Corndog Baked Beans Baby Carrots Fruit-Choice ½ Pint Milk-Choice | 14 Thanksgiving Luncheon Roasted Turkey Mashed Potatoes w/Gravy Stuffing Green Beans Fruit Salad ½ Pint Milk-Choice | 15 WG Pizza Choice Tossed Salad Steamed Corn Frozen Fruit Cup Ranch Dressing ½ Pint Milk-Choice | 16 Bosco Sticks w/Pizza Sauce Tossed Salad Veggie Cup Fruit-Choice Ranch Dressing ½ Pint Milk-Choice |
| 19 Cheeseburger Sliders Baked French Fries Broccoli Cup Fruit-Choice Ranch Dressing ½ Pint Milk-Choice | 20 Nachos w/ Meat & Cheese Sauce Refried Beans Salsa Steamed Corn Fruit-Choice ½ Pint Milk-Choice | 21 | 22 | 23 |
| 26 No School | 27 Chicken Patty On Bun Baked Beans Baby Carrots Fruit-Choice ½ Pint Milk-Choice | 28 WG Popcorn Chicken RF Doritos Broccoli & Cheese Green Beans Fruit-Choice ½ Pint Milk-Choice | 29 WG Pizza Choice Tossed Salad Steamed Corn Frozen Fruit Cup Ranch Dressing ½ Pint Milk-Choice | 30 Pizza Crunchers w/ Pizza Sauce Veggie Cup Cucumbers Ranch Dressing Fruit-Choice ½ Pint Milk-Choice |

**Happy
Thanksgiving!!**

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.