



# SEPTEMBER | 2018

## Manchester High School 9-12 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choice-Fat Free Chocolate, Fat Free Strawberry, or 1% Low Fat White				
<b>3</b> No School Labor Day	<b>4</b> Corndog Baked Beans Celery Sticks✓ Peanut Butter Cup Baby Carrots✓ Fruit-Choice✓ ½ Pint Milk-Choice	<b>5</b> WG Chicken Nuggets RF Doritos Cherry Tomatoes✓ Green Beans✓ Fresh Fruit✓ Ranch Dressing➤ ½ Pint Milk-Choice	<b>6</b> WG Pizza Choice Steamed Corn✓ Tossed Salad✓ Frozen Fruit Cup✓ Ranch Dressing➤ ½ Pint Milk-Choice	<b>7</b> Bosco Sticks w/ Pizza Sauce➤ Tossed Salad✓ Baby Carrots✓ Fruit-Choice✓ Ranch Dressing➤ ½ Pint Milk-Choice
<b>10</b> Salisbury Steak WG Roll Mashed Potatoes w/ Gravy➤ WG Rice Krispie Treat Baby Carrots✓ Fresh Fruit ✓ ½ Pint Milk-Choice	<b>11</b> Grilled Cheese Baked Tater Tots Cucumbers✓ Fresh Fruit✓ ½ Pint Milk-Choice	<b>12</b> WG Popcorn Chicken WG Pkg. Snack Baked Beans Steamed Carrots✓ Ranch Dressing➤ Fruit-Choice✓ ½ Pint Milk-Choice	<b>13</b> WG Pizza Choice Broccoli & Cheese✓ Tossed Salad✓ Frozen Fruit Cup✓ Ranch Dressing➤ ½ Pint Milk-Choice	<b>14</b> Pizza Crunchers w/ Pizza Sauce➤ Cherry Tomatoes✓ Cucumbers✓ Fruit-Choice✓ Ranch Dressing➤ ½ Pint Milk-Choice
<b>17</b> WG Rotini WG Breadstick Tossed Salad✓ Green Beans✓ Fruit-Choice✓ Ranch Dressing➤ ½ Pint Milk-Choice	<b>18</b> Hotdog on Bun w/ Sauce➤ Pkg. Snack Baked Beans Coleslaw✓ Fruit-Choice✓ ½ Pint Milk-Choice	<b>19</b> WG Chicken Nuggets Coco Bar Tossed Salad✓ Cherry Tomatoes✓ Fruit-Choice✓ Ranch Dressing➤ ½ Pint Milk-Choice	<b>20</b> WG Pizza Choice Baby Carrots✓ Tossed Salad✓ Frozen Fruit Cup✓ Ranch Dressing➤ ½ Pint Milk-Choice	<b>21</b> Pizza Pocket Tossed Salad✓ Steamed Corn✓ Fruit-Choice✓ Ranch Dressing➤ ½ Pint Milk-Choice
<b>24</b> Hamburger on Bun Graham Crackers Oven Baked Fries Broccoli Cup✓ Fruit-Choice✓ ½ Pint Milk-Choice	<b>25</b> Chicken Patty on Bun Baked Beans Baby Carrots✓ Fruit-Choice✓ ½ Pint Milk-Choice	<b>26</b> Nachos w/ Meat and Cheese Sauce Lettuce & Tomato✓ Refried Beans✓ Salsa✓ Fruit-Choice✓ ½ Pint Milk-Choice	<b>27</b> WG Pizza Choice Steamed Corn✓ Tossed Salad✓ Frozen Fruit Cup✓ Ranch Dressing➤ ½ Pint Milk-Choice	<b>28</b> Cheesy Garlic Bread Veggie Cup✓ Broccoli & Cheese✓ Fresh Fruit✓ Ranch Dressing➤ 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**

*This institution is an equal opportunity provider.*