



August 2010



Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	Choose 1: Chicken Patty on Wheat OR Sub Sandwich OR Sandwich-Choice OR Pizza Choose 2: Lettuce, Tomato, Pickle, Onion✓ OR Fresh Orange Wedges✓ OR Corn-on-the-Cob OR Oven-Baked Fries *Peanut Butter-Jelly Bar	Choose 1: Variety Pizza OR Tuna Salad on Wheat OR Cheeseburger on Bun OR Deli Wrap Choose 2: Baby Carrots w/Dip✓ OR Mixed Fruit Cup OR Fresh Watermelon✓ OR Baked Wedges *Snack Size Pretzels	Choose 1: Popcorn Chicken OR Spaghetti w/Meatballs OR Sandwich – Choice OR Pizza – Choice Choose 2: Toss Salad✓ OR Chilled Peaches OR Green Beans OR Apple Chunks✓ *Garlic Bread
Choose 1: Oven-Baked Corn Dog OR Hamburger on Bun OR Ham & Cheese on Bun OR Pizza-Choice Choose 2: Carrots w/Dip✓ OR Fruit Cup OR Fresh Fruit✓ OR Oven-Baked Fries *Rice Krispie Treat	Choose 1: Nachos w/Meat & Cheese OR Stacked Turkey on Wheat OR Cheeseburger Deluxe OR Pizza-Choice Choose 2: Steamed Corn OR Chilled Grapes✓ OR Lettuce, Tomato, Salsa✓ OR Fruit – Choice *Garlic Bread	Choose 1: Cheeseburger on Bun OR Cook's Choice OR Chicken Fajita on Bun OR Pizza – Choice Choose 2: Oven Fries OR Apple Half✓ OR Frozen Cherry Sorbet OR Lettuce, Tomato, Salsa *Carnival Crunch	Choose 1: Pepperoni Pizza Wrap OR Rib-A-Cue on Bun OR Chicken Patty on Bun OR Cheeseburger on Bun Choose 2: Toss Salad✓ OR Applesauce Cup OR Pickle & Onion Slices OR Steamed Vegetable *Chocolate Cake w/Glaze	Choose 1: Fish on Bun OR Sloppy Jo on Bun OR Cheeseburger on Bun OR Pizza-Choice Choose 2: Cole Slaw OR Fruit Cup OR Baked Curly Fries OR Fresh Veggie Cup✓ *Fun Size Fritos
Choose 1: Chicken Patty On Bun OR Mini Club Sandwich OR Philly Steak Wrap OR Pizza Choose 2: Oven-Baked Tots OR Fresh Fruit✓ OR Steamed California Blend Vegetables OR Toss Salad✓ *Chocolate Chip Cookie	Choose 1: Hotdog w/Sauce & Cheese OR BBQ Chicken Sandwich OR Cheeseburger on Bun OR Pizza – Choice Choose 2: Baked Beans OR Orange Half✓ OR Oven Baked Fries OR Cole Slaw *Cool Ranch Doritos	SEPT 1 Choose 1: Chicken Strips OR Lasagna OR Turkey & Cheese on Bun OR Pizza-Choice Choose 2: Green Beans OR Banana Half OR Garden Salad✓ OR Chilled Pears *Garlic Bread	SEPT 2 Choose 1: Taco Pizza OR Deli Wrap OR Cheeseburger on Bun OR Pimento Cheese on Wheat Choose 2: Seasoned Corn OR Lettuce, Tomato, Salsa✓ OR Baked Wedges *Brownie Square	SEPT 3 Choose 1: Chicken Nuggets OR Ocean Treats w/Macaroni & Cheese OR Cobb's Choice OR Pizza-Choice Choose 2: Veggie Cup✓ OR Applesauce✓ OR Steamed Peas OR Fresh Fruit✓ *Belly Bears

BUILD YOUR OWN LUNCH

Choose one entrée of meat or meat alternative with 2 bread/grain servings *

One fruit, one vegetable or two different fruits and vegetables *

½ Pint Milk Choice Daily

Student Lunch \$2.50
 Reduced Price Lunch \$0.40
 Extra Milk – ½ pints \$0.35
 Adult Lunch \$3.10

Salad Bar is offered 3 days per week

Available Daily on Lunch:
 Pizza
 Fruit Choices

Our menu is subject to change without notice due to product availability and vendor delivery. Thank you for your understanding.

The government meal program does not fund adult lunches. Adults are charged a higher price to make up for the cash and food commodity value not provided in the program assistance received by the school district.

✓ INDICATES ITEM IS LOW FAT

➤ Sauces, Dressings & Gravy are served on the side.

Student breakfast served daily to students at no charge to students.

