



September 2010

Manchester High School



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6
**LABOR DAY
NO SCHOOL**

13 **Choose 1:** Salisbury Steak w/Bread & Butter **OR** Chicken Nuggets w/Bread & Butter **OR** Cook's Choice **OR** Pizza - Choice
Choose 2: Mashed Potatoes w/Gravy **>** **OR** Fresh Fruit **<** **OR** Green Beans **OR** Baby Carrots **<** w/Dip **>**
*Teddy Grahams

20 **Choose 1:** Mega Noodle Soup **OR** Tomato Soup w/Toasted Cheese Sandwich **OR** Cheeseburger on Bun **OR** Pizza
Choose 2: Fresh Veggie Cup **<** **OR** Applesauce Cup **OR** Lettuce, Tomato, Pickle **OR** Baked Tater Tots
*Crackers

27 **Choose 1:** Hotdog w/Sauce & Cheese **OR** Cheeseburger on Bun **OR** Turkey & Cheese on Wheat **OR** Pizza-Choice
Choose 2: Baked Beans **OR** Fresh Fruit **<** **OR** Oven-Baked Fries **OR** Lettuce, Tomato, Pickle
*Clodhoppers

7 **Choose 1:** Cheeseburger on Bun **OR** BBQ Chicken on Bun **OR** Cook's Choice **OR** Pizza - Choice
Choose 2: Oven-Baked Tots **OR** Fresh Fruit **<** **OR** Broccoli Salad **OR** Baked Beans
*Fun Size Pretzels **<**

14 **Choose 1:** Chicken Patty on Bun **OR** Meatball Sub **OR** Cheeseburger on Bun **OR** Pizza-Choice
Choose 2: Broccoli & Cheese **OR** Chilled Fruit - Choice **OR** Oven-Baked Fries
*Rick Krispie Treat

21 **Choose 1:** Chicken Fajita **OR** Stacked turkey on Wheat **OR** Chicken Patty on Bun **OR** Pizza
Choose 2: Lettuce, Tomato, Salsa **<** **OR** Diced Peaches **OR** Fresh Broccoli **<** w/Dip **>** **OR** Fresh Fruit **<**
*Cool Ranch Doritos

28 **Choose 1:** Baked Comdog **OR** Toasted Ham & Cheese **OR** Cheeseburger on bun **OR** Pizza
Choose 2: Oven-Baked Fries **OR** Fruit-Choice **OR** Steamed Broccoli & Cheese **OR** Pickle Spear
*Snickerdoodle Cookie

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

8 **Choose 1:** Soft Taco w/Beef & Cheese **OR** Stacked Ham on Wheat **OR** Chicken Patty on Bun **OR** Pizza Choice
Choose 2: Lettuce, Tomato, Salsa **<** **OR** Fresh Fruit-Choice **<** **OR** Steamed Corn **OR** Chilled Peaches
*Snack Size Fritos

15 **Choose 1:** Mozzarella Sticks w/Sauce **>** **OR** Deli Wrap **OR** Pizza Burger on Bun **OR** Pizza-Choice
Choose 2: Chilled Peaches **OR** Toss Salad **<** **OR** Corn-on-the-Cob **OR** Pickle Spear
*White Cake w/Caramel Glaze

22 **Choose 1:** Baked Spaghetti **OR** Popcorn Chicken **OR** Cheeseburger on Bun **OR** Pizza-Choice
Choose 2: Green Beans **OR** Fresh Fruit **<** **OR** Garden Salad **<** **OR** Chilled Pears
*Garlic Bread

29 **Choose 1:** Chicken Patty on Wheat **OR** Pizza Burger on Bun **OR** Fish on Bun **OR** Pizza - Choice
Choose 2: Steamed Peas **OR** Fresh Fruit **<** **OR** Lettuce, Tomato, Pickle, Onion **OR** Oven-Baked Wedges
*Banana Cake w/Glaze

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

9 **Choose 1:** Cheese Pizza **OR** Tuna Salad on Wheat **OR** Kickin' Chicken Wrap **OR** Cheeseburger
Choose 2: Oven-Baked Fries **OR** Fresh Fruit **<** **OR** Cucumber Slices **<** w/Dip **>** **OR** Blueberries w/Topping
*Cookie w/Sprinkles

16 **Choose 1:** Beef-N-Noodles w/ Roll **OR** Chicken Patty on Bun **OR** Cook's Choice **OR** Pizza-Choice
Choose 2: Garden Salad **<** **OR** Fruit-Choice **OR** Steamed Peas **OR** Frozen Cherry Sorbet
*Cutie Pie Turnover

23 **Choose 1:** Pepperoni Pizza **OR** Rib-A-Que on Bun **OR** Hot Ham & Cheese on Bun **OR** Chicken Patty on Bun
Choose 2: Seasoned Corn **OR** Fruit - Choice **OR** Pickle & Onion Slices **OR** Baked Curly Fries
*Cook's Choice Cake

30 **Choose 1:** Baked Ziti w/Garlic Bread **OR** Tuna Salad Wrap **OR** Hot Italian Sub **OR** Pizza
Choose 2: Celery Sticks **<** w/Peanut Butter Dip **>** **OR** Fruit Cup **OR** Garden Salad **<** **OR** Steamed Vegetable
*Fun Sized Doritos

3 **Choose 1:** Chicken Nuggets **OR** Ocean Treats w/Macaroni & Cheese **OR** Cook's Choice **OR** Pizza-Choice
Choose 2: Veggie Cup **<** **OR** Applesauce **<** **OR** Steamed Peas **OR** Fresh Fruit **<**
*Belly Bears

10 **Choose 1:** Pizza Steak Hoagie **OR** Toasted Cheese **OR** Fish on Bun **OR** Pizza-Choice
Choose 2: Oven-Baked Fries **OR** Lettuce, Tomato, Pickle, Onion **OR** Fresh Veggie Cup **<** **OR** Steamed Vegetable
*Coco Bar

17 **Fresh Choice:** (counts as entire meal)
Grilled Chicken Salad w/Garlic Bread Stik Milk
Choose 1: Fish on Bun **OR** Pizza
Choose 2: Oven-baked Fries **OR** Fresh Fruit **<** **OR** Cole Slaw **OR** Steamed Carrots
*No Bake Oatie

24 **Choose 1:** Cheesy Breadsticks w/Sauce **>** **OR** mini Club **OR** Cook's Choice
Choose 2: Fresh Veggie-Choice **<** **OR** Cherries w/Topping **OR** Oven-Baked Fries **OR** Fruit Cup

OCT 1 **Choose 1:** Ocean Treats **OR** Chicken Strips w/Macaroni & Cheese **OR** Sandwich-Choice **OR** Pizza-Choice
Choose 2: Fresh Veggie Cup **<** **OR** Applesauce Cup **OR** Green Beans **OR** Chilled Pears
*Animal Crackers

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 FIBER
> Sauces, Dressings & Gravies are served on the side.

Student breakfast served daily to students at no charge to students

