



September 2010

Manchester Local School District



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Cinnamon Rolls
w/Vanilla Glaze
Juice – Choice
½ Pint Milk – Choice

2
Biscuit & Gravy
Juice – Choice
½ Pint Milk – Choice

3
Egg & Cheese Wrap
Juice – Choice
½ Pint Milk – Choice

6
**LABOR DAY
NO SCHOOL**

7
COOK'S CHOICE
½ Pint Milk – Choice

8
Pancake Sausage
Wrap w/Syrup
Juice – Choice
½ Pint Milk – Choice

9
Fresh Baked Muffin
Juice- Choice
½ Pint Milk – Choice

10
Egg Omelet
w/Toast Wedge
Juice – Choice
½ Pint Milk – Choice

13
Breakfast Pizza
Juice – Choice
½ Pint Milk – Choice

14
Pancakes w/Syrup
Juice – Choice
½ Pint Milk – Choice

15 Oats w/Brown
Sugar & Cinnamon
Toast
Juice – Choice
½ Pint Milk – Choice

16
Biscuit & Gravy
Juice – Choice
½ Pint Milk – Choice

17
Scrambled Eggs
w/Toast
Juice – Choice
½ Pint Milk – Choice

20
Yogurt Cup w/Graham
Crackers
Juice – Choice
½ Pint Milk – Choice

21
Funnel Cake
Juice – Choice
½ Pint Milk – Choice

22
French Toast Sticks
w/Sausage
Juice – Choice
½ Pint Milk – Choice

23
Sausage Wrap w/Syrup
Juice – Choice
½ Pint Milk – Choice

24
Sausage Sandwich
Juice – Choice
½ Pint Milk – Choice

27
Egg-N-Cheese Biscuit
Juice – Choice
½ Pint Milk – Choice

28
Egg Omelet
w/Toast Wedge
Juice – Choice
½ Pint Milk – Choice

29
Bagel w/Cream Cheese
Juice – Choice
½ Pint Milk – Choice

30
COOK'S CHOICE
½ Pint Milk – Choice

Oct. 1
Mini Pancakes w/Syrup
Juice – Choice
½ Pint Milk – Choice

Manchester Local School District

High School and Elementary Breakfast

✓ INDICATES ITEM IS LOW
FAT

➤ SAUCES, DRESSINGS &
GRAVY ARE SERVED ON
THE SIDE

