

October 2009

Manchester Elementary



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | Pepperoni Pizza 1 OR Tuna Salad on Wheat Steamed Corn Orange & Grape Cup Banana Cake w/Glaze | Chicken Patty 2 on Wheat OR Mini Club Baked Tater Tots Deluxe Cup Sweet Rice |
| Salisbury Steak 5 w/Bread & Butter OR COOK'S CHOICE Mashed Potatoes w/ Gravy Fresh Fruit Rice Krispie Treat | Chicken Patty on 6 Wheat OR Cheeseburger Baked Curly Fries Apple & Orange Wedges Cocoa Bar | Soft Taco w/ 7 Meat & Cheese OR Cook's Choice Lettuce & Tomato Fruit Cup Snack Size Doritos | Pepperoni Pizza 8 OR Hamburger on Wheat Baby Carrots w/Dip Diced Peaches No Bake Oatie | Ocean Treats 9 OR Chicken Nuggets Macaroni & Cheese Fresh Fruit Teddy Grahams |
| 12 NO SCHOOL COLUMBUS DAY | Cheesy Breadsticks 13 w/Sauce OR Mini Club Sandwich Carrots w/Dip Flavored Applesauce | Toasted Cheese 14 OR Stacked Turkey on Wheat Baked Fries Fresh Fruit Cool Ranch Doritos | Variety Pizza 15 OR Sub Sandwich Broccoli & Cheese Chilled Grapes Cake w/Sprinkles | Hot Ham & Cheese 16 OR Popcorn Chicken Green Beans Orange Wedges Brownie Square |
| Italian Spaghetti 19 OR Chicken Strips Toss Salad Orange Wedges Garlic Bread | Hotdog w/Sauce 20 & Cheese OR Hot Ham Sandwich Baked Beans Fresh Fruit Animal Crackers | Chicken Patty 21 on Wheat OR Deli Wrap Peas & Carrots Banana Half Snickerdoodle Cookie | Cheese Pizza 22 OR Cook's Choice Carrots w/dip Diced Peaches Pkg. Snack | Fish Sandwich 23 OR Sloppy Jo Baked Fries Cole Slaw Snack Size Pretzels |
| Baked Corndog 26 OR Toasted Ham & Cheese Oven Baked Fries Fresh Fruit Chocolate Cake w/Glaze | Mozzarella Sticks 27 w/Sauce OR Pizza Steak Hoagie Carrot & Celery Sticks Applesauce Cup Fritos | Homemade Chili 28 OR Mega Noodle Soup Crackers Peanut Butter Sandwich Celery Sticks Chilled Peaches | Pepperoni Pizza 29 OR Tuna Salad on Wheat Seasoned Corn Chilled Orange Half Gingerbread w/Topping | Howling 30 Hamburger OR Batty BBQ Chicken Freaky Fries Goulash Grapes Creepy Cookie |

Student Lunch

The menu pattern for school meals is designed to meet 1/3 of the US daily allowances for children.

A meal pattern consists of the following components:

- 2 oz meat or meat alternate
- 1 cup combined fruit and/or vegetable
- 2 bread servings
- ½ pint fluid milk

Our enhanced meal offers additional bread or grain servings weekly.

(1/2 Pint Milk Choice Daily)

School lunches are designed to contain no more than 30% calories from fat and 10% calories from saturated fat.

✓ INDICATES ITEM IS LOW FAT

➤ Sauces, Dressings & Gravy are served on the side

Lunch Prices

- K-6 \$1.75
 - Reduced Price \$0.40
 - Milk \$0.35
 - Adult Lunch \$3.10
- (Adult meals are not funded through the government meal program)

Student breakfast served daily at no charge to students.

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



HAPPY HALLOWEEN