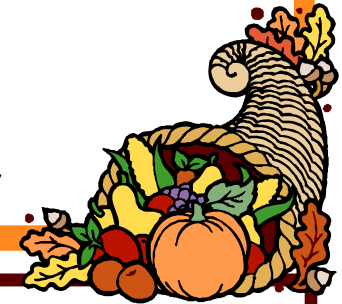


October 2009




Manchester Local School District



Monday	Tuesday	Wednesday	Thursday	Friday
Sept 28 Chicken on Biscuit Juice – Choice ½ Pint Milk – Choice	Sept 29 Egg Omelet w/Toast Wedge Juice – Choice ½ Pint Milk – Choice	Sept 30 Bagel w/Cream Cheese Juice – Choice ½ Pint Milk – Choice	1 COOK'S CHOICE ½ Pint Milk – Choice	2 Mini Pancakes w/Syrup Juice – Choice ½ Pint Milk – Choice
5 Breakfast Pizza Juice – Choice ½ Pint Milk – Choice	6 Yogurt w/Graham Cracker Juice – Choice ½ Pint Milk – Choice	7 Scrambled Eggs w/Toast Juice – Choice ½ Pint Milk – Choice	8 Sausage Biscuit Juice – Choice ½ Pint Milk – Choice	9 Funnel Cake Juice – Choice ½ Pint Milk – Choice
12 NO SCHOOL COLUMBUS DAY	13 Waffles w/Syrup Juice – Choice ½ Pint Milk - Choice	14 Cinnamon Rolls w/Vanilla Glaze Juice – Choice ½ Pint Milk – Choice	15 Biscuit & Gravy Juice – Choice ½ Pint Milk – Choice	16 Egg & Cheese Wrap Juice – Choice ½ Pint Milk – Choice
19 Breakfast Pizza Juice – Choice ½ Pint Milk - Choice	20 COOK'S CHOICE ½ Pint Milk – Choice	21 Pancake Sausage Wrap w/Syrup Juice – Choice ½ Pint Milk Choice	22 Fresh Baked Muffin Juice – Choice ½ Pint Milk – Choice	23 Ham & Egg Sandwich Juice – Choice ½ Pint Milk – Choice
26 Yogurt Cup w/Graham Crackers Juice – Choice ½ Pint Milk – Choice	27 Mini Pancakes w/Syrup Juice – Choice ½ Pint Milk – Choice	28 Oats w/Brown Sugar & Cinnamon Toast Juice – Choice ½ Pint Milk – Choice	29 Biscuit & Gravy Juice – Choice ½ Pint Milk –Choice	30 Scrambled Eggs w/Toast 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

