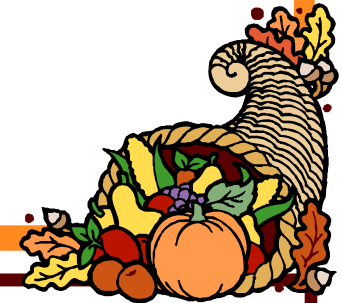


October 2009




Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
			Choose 1: Red Baron Pizza 1 OR Tuna Salad on Wheat OR Beef & Cheese Burrito OR Cheeseburger Choose 2: Seasoned Corn OR Orange & Apple Cup OR Fruit – Choice OR Oven Baked Fries *Banana Cake w/Glaze	Choose 1: Chicken Patty 2 OR Mini Club OR Cook's Choice OR Pizza Choose 2: Baked Tater Tots OR Lettuce, Tomato, Pickle, Onion OR Steamed Vegetable OR Fruit Cup *Sweet Rice
Choose 1: Salisbury Steak 5 w/Bread & Butter OR Cook's Choice OR Cheeseburger OR Pizza Choose 2: Mashed Potatoes w/Gravy OR Fresh Fruit OR Green Beans OR Applesauce *Rice Krispie Treat	Choose 1: Chicken Patty 6 OR Cheeseburger OR Fish on Bun OR Pizza Choose 2: Baked Curly Fries OR Apple & Orange Wedges OR Steamed Vegetable OR Peaches *Cocoa Bar	Choose 1: Soft Taco 7 w/Beef & Cheese OR Cook's Choice OR Chicken Patty OR Pizza Choose 2: Lettuce, Tomato, Salsa OR Fruit Cup OR Corn on the Cob OR Oven Baked Fries *Snack Size Doritos	Choose 1: Pepperoni Pizza 8 OR Hamburger OR Hot Italian Sub OR Turkey & Cheese on Wheat Choose 2: Baby Carrots w/Dip OR Diced Peaches OR Lettuce, Tomato, Pickle, Onion OR Potato Wedges *No Bake Oatie	Choose 1: Ocean Treats 9 OR Chicken Nuggets OR Cheeseburger OR Pizza Choose 2: Fresh Fruit OR Tater Tots OR Steamed Carrots OR Fresh Veggie *Macaroni & Cheese
12 NO SCHOOL COLUMBUS DAY	Choose 1: Cheesy 13 Breadsticks w/Sauce OR Mini Club Sandwich OR Cheeseburger OR Pizza Choose 2: Carrots w/Dip OR Flavored Applesauce OR Oven Baked Fries OR Garden Salad	Choose 1: Toasted 14 Cheese OR Stacked Turkey on Wheat OR Rotini Bake w/Garlic Bread OR Chicken Patty Choose 2: Baked Fries OR Fresh Fruit OR Steamed Corn OR Cherry Sorbet Cup *Cool Ranch Doritos	Choose 1: Variety Pizza 15 OR Sub Sandwich OR Kickin' Chicken Wrap OR Cheeseburger Choose 2: Broccoli & Cheese OR Chilled Grapes OR Lettuce, Tomato, Pickle, Onion OR Baked Wedges *Cake w/Sprinkles	Choose 1: Hot Ham & 16 Cheese OR Popcorn Chicken OR Fish on Bun OR Pizza Choose 2: Green Beans OR Orange Wedges OR Hash Brown Casserole OR Fresh Veggie – Choice *Brownie Square
Choose 1: Italian Spaghetti 19 w/Garlic Bread OR Chicken Strips OR Cheeseburger OR Pizza Choose 2: Toss Salad OR Orange Wedges OR Oven Baked Fries OR Steamed Carrots *Pkg. Snack - Choice	Choose 1: Cheese Cone 20 w/Sauce & Cheese OR Hot Ham Sandwich OR Cheeseburger OR Pizza Choose 2: Baked Beans OR Fresh Fruit OR French Fries *Fruit Cobbler	Choose 1: Chicken Patty 21 on Wheat OR Deli Wrap OR Meatball Sub OR Pizza Choose 2: Peas & Carrots OR Banana Half OR Baked Wedges OR Pears *Snickerdoodle Cookie	Choose 1: Cheese Pizza 22 OR Beef & Gravy Hot Shot OR Cheeseburger OR Cook's Choice Choose 2: Carrots w/Dip OR Diced Peaches OR Mashed Potatoes w/Gravy OR Green Beans *Pkg. Snack	Choose 1: Fiery Fish 23 Wrap OR Sloppy Jo OR Cheeseburger OR Pizza Choose 2: Baked Fries OR Cole Slaw OR Corn on the Cob OR Fruit – Choice *Snack Size Pretzel
Choose 1: Baked 26 Corndog OR Toasted Ham & Cheese OR Cheeseburger OR Pizza Choose 2: Oven Baked Fries OR Fresh Fruit OR Fruit – Choice OR Steamed Vegetable *Chocolate Cake w/Glaze	Choose 1: Mozzarella 27 Sticks w/Sauce OR Pizza Steak Hoagie OR Chicken Patty OR Pizza Choose 2: Carrot & Celery Sticks w/Dip OR Applesauce Cup OR Baked Tater Tots OR Cherry Sorbet Cup *Fritos	Choose 1: Homemade 28 Chili OR Mega Noodle Soup w/Peanut Butter Sandwich OR Cheeseburger OR Pizza Choose 2: Celery Sticks OR Chilled Peaches OR Baked Wedges OR Fruit – Choice *Pkg. Snack - Choice	Choose 1: Pepperoni 29 Pizza OR Tuna Salad on Wheat OR Cheese Stuffed Breadsticks w/Sauce OR Chicken Patty Choose 2: Seasoned Corn OR Chilled Orange Half OR Oven Fries OR Garden Salad *Gingerbread w/Topping	Choose 1: Cheeseburger 30 Deluxe OR BBQ Chicken on Bun OR Pizza OR Cook's Choice Choose 2: French Fries OR Grapes OR Cole Slaw OR Fruit – Choice *Cookie - Choice

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

➤ Dressings, Sauces & Gravy are served on the side

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

