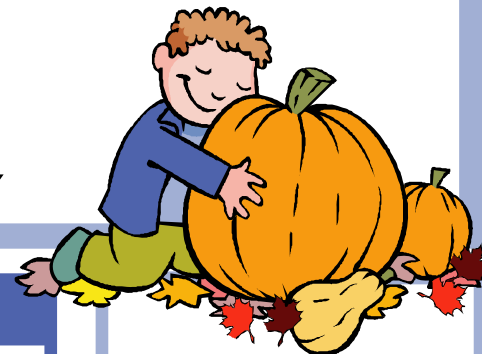


# November 2009

## Manchester Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Patty on <b>2</b> Wheat <b>OR</b> Salisbury Steak w/Bread & Butter Mashed Potatoes w/Gravy Fresh Fruit Wedges Fruit Turnover	Nachos /Meat & <b>3</b> Cheese Sauce <b>OR</b> Pizza Burger Carrot Sticks Steamed Corn Rice Krispie Treat	Cheeseburger <b>4</b> <b>OR</b> BBQ Chicken Oven Fries Orange Half Snickerdoodle Cookie	Variety Pizza <b>5</b> <b>OR</b> Sub Sandwich Broccoli & Cheese Chilled Grapes Cook's Choice Cake w/Glaze	Fish on Wheat <b>6</b> <b>OR</b> Sloppy Jo Baked Tater Tots Cole Slaw Applesauce Cup
Hotdog w/Sauce & <b>9</b> Cheese <b>OR</b> Hot Ham Sandwich Baked Beans Orange Wedges Gingerbread w/Topping	<b>10</b> <b>NO SCHOOL</b>	<b>11</b> <b>NO SCHOOL</b> <b>VETERAN'S DAY</b>	Pepperoni Pizza <b>12</b> <b>OR</b> Hamburger on Wheat Carrots w/Dip Chilled Peaches Chocolate No Bake Oatie	Chicken Nuggets <b>13</b> <b>OR</b> Ocean Treats Macaroni & Cheese Fresh Fruit PB&J Bar
Mega Noodle Soup <b>16</b> <b>OR</b> Tomato Soup Toasted Cheese Celery Sticks Mixed Fruit Crackers	Lasagna <b>17</b> <b>OR</b> Chicken Strips Toss Salad Diced Pears Garlic Bread	Pizza Steak <b>18</b> Hoagie <b>OR</b> Stacked Turkey Baked Curly Fries Orange Half Chocolate Chip Cookie	Cheese Pizza <b>19</b> <b>OR</b> Rib-A-Cue Sandwich Steamed Corn Watermelon Applesauce Pkg. Snack	Oven Roasted Turkey <b>20</b> Mashed Potatoes w/Gravy Green Beans Homemade Stuffing Fruit Salad Dinner Roll <i>Thanksgiving Dinner</i>
Corndog <b>23</b> <b>OR</b> Toasted Ham & Cheese Oven Baked Fries Fresh Fruit Cocoa Bar	Cheesy <b>24</b> Breadsticks w/Sauce <b>OR</b> Sub Sandwich Carrot Sticks Cook's Choice Fruit	<b>25</b> <b>NO SCHOOL</b> <b>THANKSGIVING</b> <b>BREAK</b>	<b>26</b> <b>NO SCHOOL</b> <b>HAPPY</b> <b>THANKSGIVING</b>	<b>27</b> <b>NO SCHOOL</b> <b>THANKSGIVING</b> <b>BREAK</b>
<b>30</b> <b>NO SCHOOL</b> <b>THANKSGIVING</b> <b>BREAK</b>				

### 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 delivery. Thank you for your understanding.

