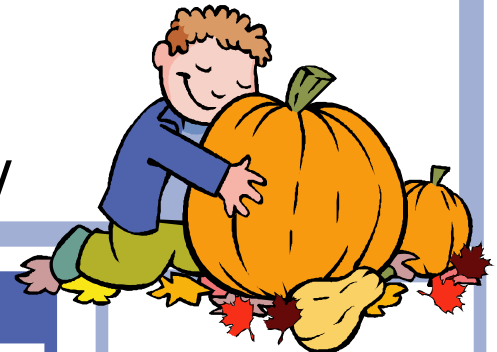


November 2009

Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1: Chicken Patty OR Salisbury Steak w/Bread & Butter OR Cheeseburger OR Pizza Choose 2: Mashed Potatoes w/Gravy OR Fresh Fruit OR Green Beans OR Veggie Cup *Fruit Turnover	Choose 1: Nachos w/Meat & Cheese OR Pizza Burger OR Turkey & Cheese OR Pizza Choose 2: Carrot Sticks w/Dip OR Steamed Corn OR Oven-Baked Fries OR Fruit - Choice *Rice Krispie Treat	Choose 1: Cheeseburger OR BBQ Chicken on Bun OR Hot Italian Sub OR Pizza Choose 2: Oven Fries OR Orange Half OR Lettuce, Tomato, Pickle, Onion OR Steamed Vegetable *Snickerdoodle Cookie	Choose 1: Stuffed Crust Pizza OR Sub Sandwich OR Chicken Patty OR COOK'S CHOICE Choose 2: Broccoli & Cheese OR Chilled Grapes OR Onion Rings OR Garden Salad *Cake w/Glaze	Choose 1: Fish on Wheat OR Sloppy Jo OR Cheeseburger OR Pizza Choose 2: Baked Tater Tots OR Cole Slaw OR Applesauce Cup OR Fresh Veggie Cup
Choose 1: Cheese Coney w/Sauce & Onion OR Hot Ham Sandwich OR Cheeseburger OR Pizza Choose 2: Baked Beans OR Orange Wedges OR French Fries OR Lettuce & Tomato *Gingerbread w/Topping	10 NO SCHOOL WAIVER DAY	11 NO SCHOOL VETERAN'S DAY	Choose 1: Chili Cheese Fries OR COOK'S CHOICE OR Cheeseburger OR Variety Pizza Choose 2: Carrots w/Dip OR Chilled Peaches OR French Fries *Chocolate No Bake Oatie	Choose 1: Chicken Nuggets OR Ocean Treats OR Pizza OR Deli Wrap Choose 2: Fresh Fruit OR Oven Baked Wedges OR Fresh Veggie Cup OR Steamed Peas *Macaroni & Cheese
Choose 1: Mega Noodle Soup OR Tomato Soup w/Toasted Cheese OR Cheeseburger OR Pizza Choose 2: Celery Sticks w/Dip OR Mixed Fruit OR Baked Tater Tots OR Pickle Spear *Crackers	Choose 1: Lasagna w/Garlic Bread OR Chicken Strips OR Pimento Cheese on Wheat OR Pizza Choose 2: Toss Salad OR Diced Pears OR Oven Fries *Snack - Choice	Choose 1: Pizza Steak Hoagie OR Stacked Turkey OR Chicken Patty on Bun OR Pizza Choose 2: Baked Curly Fries OR Orange Half OR Lettuce, Tomato, Pickle, Onion OR Baked Beans *Chocolate Chip Cookie	Choose 1: Beef & Cheese Burrito OR Rib-A-Cue on Bun OR Cheeseburger OR Pizza Choose 2: Steamed Corn OR Applesauce Cup OR Cole Slaw OR Onion Rings *Pkg. Snack	Choose 1: Oven Roasted Turkey w/Roll OR Hot Ham & Cheese on Bun Choose 2: Green Beans OR Fruit Salad OR Mashed Potatoes w/Gravy *Homemade Stuffing OR Rice Krispie Treat
Choose 1: Corn dog OR Toasted Ham & Cheese OR Cheeseburger OR Pizza Choose 2: Oven-Baked Fries OR Fresh Fruit OR Lettuce & Tomato *Cocoa Bar	Choose 1: Cheesy Breadsticks w/Sauce OR Sub Sandwich OR COOK'S CHOICE Choose 2: Carrot Sticks w/Dip OR Fruit - Choice	25 NO SCHOOL THANKSGIVING BREAK	26 NO SCHOOL HAPPY THANKSGIVING	27 NO SCHOOL THANKSGIVING BREAK
30 NO SCHOOL THANKSGIVING BREAK				

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

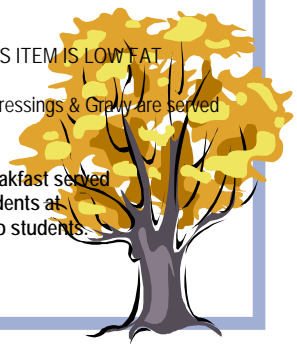
Our menu is subject to change without notice due to product availability and vendor delivery. Thank you for your understanding.

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

➤ Sauces, Dressings & Gravy are served on the side

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



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