



December 2009



Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
	Choose 1: Chicken Nuggets 1 OR Spaghetti & Meatballs w/Garlic Bread OR Pizza OR Cheeseburger Choose 2: Green Beans OR Fruit Cup OR Potato Wedges OR Lettuce, Pickle, Tomato, Onion *Cook's Choice	Choose 1: Hot Ham & Cheese OR Pizza Steak Hoagie OR Chicken Patty OR Pizza Choose 2: Toss Salad OR Applesauce Cup OR Oven Baked Fries OR Steamed Corn *Snack Size Doritos	Choose 1: Pepperoni Pizza 3 OR Hamburger on Wheat OR Deli Wrap OR Cook's Choice Choose 2: Baby Carrots w/Dip OR Diced Peaches & Pears OR Curly Fries *No Bake Oatie	Choose 1: Fish Sandwich OR 4 Chicken Patty on Wheat OR Cheeseburger on Bun OR Pizza Choose 2: Oven Fries OR Chilled Orange Half OR Steamed Peas OR Fresh Veggie – Choice *Cook's Choice Cake
Choose 1: Salisbury Steak 7 w/Bread & Butter OR Pork BBQ on Bun OR Cheeseburger OR Pizza Choose 2: Mashed Potatoes w/Gravy OR Orange Wedges OR Celery Sticks w/Dip *Chocolate Chip Cookie	Choose 1: Soft Taco w/Beef 8 & Cheese OR Stacked Turkey on Wheat OR Chicken Patty on Bun OR Pizza Choose 2: Lettuce, Tomato, Salsa OR Diced Peaches OR Cherry Sorbet Cup OR Oven Baked Fries *Snack Sized Fritos	Choose 1: Homemade Chili 9 OR Mega Noodle Soup w/Peanut Butter Sandwich OR Cheeseburger OR Pizza Choose 2: Baby Carrots w/Dip OR Chilled Pears OR Tater Tots OR Fruit – Choice *Crackers	Choose 1: Red Baron 10 Pizza OR Sub Sandwich OR Sloppy Jo OR Cheeseburger Choose 2: Steamed Corn OR Apple Wedges OR Garden Salad OR Potato Wedges *Cool Ranch Doritos	Choose 1: Ocean Treats 11 OR Chicken Strips OR Cheeseburger OR Pizza Choose 2: Fresh Fruit OR Oven Baked Fries OR Steamed Broccoli & Cheese OR Fruit – Choice *Macaroni & Cheese
Choose 1: Baked Corn 14 Dog OR Toasted Ham & Cheese OR Cheeseburger OR Pizza Choose 2: Oven Baked Fries OR Fresh Fruit OR Baked Beans OR Cole Slaw *Cocoa Bar	Choose 1: Pizza Steak 15 Hoagie OR BBQ Chicken on Bun OR Cook's Choice OR Pizza Choose 2: Peas & Carrots OR Lettuce, Tomato, Pickle, Onion OR Potato Wedges OR Fruit – Choice *Rick Krispie Treat	Choose 1: Baked Ham 16 Sandwich OR Popcorn Chicken w/Dip Choose 2: Scalloped Potatoes OR Green Beans OR Fruit Cup *Christmas Cookie Candy Cane	Choose 1: Chili Cheese 17 Fries OR Rib-A-Cue OR Cheeseburger OR Pizza Choose 2: French Fries OR Fresh Fruit OR Veggie Cup OR Corn-on-the-Cob *Cook's Choice	Choose 1: Mozzarella 18 Sticks w/Sauce OR Pizza Burger OR Cook's Choice Choose 2: Oven Baked Fries OR Applesauce Cup OR Cook's Choice Vegetable *Fun Size Snack
21	22	23	24	25
NO SCHOOL – CHRISTMAS BREAK				
28	29	30	31	
NO SCHOOL – CHRISTMAS 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.

