



December 2009



Manchester Elementary



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| | Chicken Nuggets 1 OR Spaghetti & Meatballs Green Beans Fruit Cup Garlic Bread | Hot Ham & Cheese 2 OR Pizza Steak Hoagie Toss Salad Applesauce Cup* Animal Crackers* | Pepperoni Pizza 3 OR Hamburger on Wheat Baby Carrots w/Dip✓ Diced Peaches & Pears No Bake Oatie | Fish Sandwich 4 OR Chicken Patty on Wheat Oven Fries Chilled Orange Half* Cook's Choice Cake |
| Salisbury Steak 7 w/Bread & Butter OR COOK'S CHOICE Mashed Potatoes w/Gravy✓ Orange Wedges* Chocolate Chip Cookie | Soft Taco w/Meat 8 OR Stacked Turkey on Wheat Lettuce & Cheese Diced Peaches Snack Size Fritos | Homemade Chili 9 OR Mega Noodle Soup Peanut Butter Sandwich Baby Carrots Chilled Pears Crackers | Variety Pizza 10 OR Sub Sandwich Steamed Corn Apple Half* Cool Ranch Doritos | Ocean Treats 11 OR Chicken Strips Macaroni & Cheese Fresh Fruit* Peanut Butter-Jelly Bar |
| Oven Baked 14 Corndog OR Toasted Ham & Cheese Baked Fries Fresh Fruit* Cocoa Bar* | Cheeseburger 15 OR BBQ Chicken Peas & Carrots Orange Wedges* Rice Krispie Treat | Baked Ham Sandwich 16 Scalloped Potatoes Green Beans Fruit Cup Christmas Cookie Candy Cane <i>Christmas Luncheon</i> | Cheese Pizza 17 OR Rib-A-Cue Broccoli & Cheese Fresh Fruit* Pkg. Snack | Mozzarella Sticks 18 w/Sauce OR Pizza Burger Cook's Choice Vegetable Applesauce Cup* Fun Size Snack |
| 21 | 22 | 23 | 24 | 25 |
| NO SCHOOL – CHRISTMAS BREAK | | | | |
| 28 | 29 | 30 | 31 | |
| NO SCHOOL – CHRISTMAS BREAK | | | | |

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.

