




January 2010

Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
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<p>Choose 1: Chicken Nuggets 4 OR Lasagna w/Garlic Bread OR Cheeseburger on Bun OR Pizza Choose 2: Green Beans OR Fruit Cup OR Lettuce, Tomato, Pickle OR Oven-Baked Fries *Teddy Grahams</p>	<p>Choose 1: BBQ Chicken 5 on Bun OR Pizza Steak Hoagie OR Deli Wrap OR Pizza Choose 2: Seasoned Peas OR Orange Half OR Cole Slaw OR Tater Tots *Fun Size Fritos</p>	<p>Choose 1: Tomato Soup OR 6 Mega Noodle Soup w/Toasted Cheese OR Cheeseburger on Bun OR Pizza Choose 2: Fresh Broccoli w/Dip OR Mixed Fruit OR Baked Wedges OR Apple Wedges *Crackers</p>	<p>Choose 1: Stuffed Crust 7 Pizza OR Hamburger on Bun OR Hot Italian Sub OR Cook's Choice Choose 2: Baby Carrots w/Dip OR Chilled Pears OR Baked Curly Fries OR Lettuce, Tomato, Pickle *Snickerdoodle Cookie</p>	<p>Choose 1: Chicken Patty on 8 Wheat OR Fish on Wheat OR Cheeseburger on Bun OR Pizza Choose 2: Oven-Baked Fries OR Banana Half OR Toss Salad OR Fruit - Choice *Cocoa Bar</p>
<p>Choose 1: Salisbury Steak 11 w/Bread & Butter OR Spicy Chicken Patty on Bun OR Cheeseburger on Bun OR Pizza Choose 2: Mashed Potatoes w/Gravy OR Chilled Orange OR Lettuce, Tomato, Pickle OR Green Beans *Brownie Square</p>	<p>Choose 1: Cheese Coney 12 w/Sauce & Onion OR Hot Ham & Cheese on Bun OR Cheeseburger on Bun OR Pizza Choose 2: Baked Beans OR Fresh Fruit OR French Fries OR Toss Salad *Snack Size Pretzels</p>	<p>Choose 1: Cheeseburger 13 on Bun OR Mini Club OR Kickin Chicken Wrap OR Pizza Choose 2: Lettuce, Tomato, Pickle Cup OR Fruit - Choice OR Oven-Baked Wedges OR Steamed Vegetable *Peanut Butter-Jelly Bar</p>	<p>Choose 1: Variety Pizza 14 OR Meatball Sub OR Chicken Patty OR Cheeseburger on Bun Choose 2: Seasoned Corn OR Apple Half OR Onion Rings OR Veggie Cup *Fun Size Doritos</p>	<p>Choose 1: Popcorn 15 Chicken OR Ocean Treats OR Cheeseburger on Bun OR Pizza Choose 2: Celery & Carrot Sticks OR Oven-Baked Fries OR Orange Wedges OR Fruit - Choice *Macaroni & Cheese</p>
18 NO SCHOOL MARTIN LUTHER KING JR. BIRTHDAY	<p>Choose 1: Cheesy 19 Breadsticks w/Sauce OR Pizza Burger on Bun OR Cook's Choice Choose 2: Toss Salad OR Hot Apple Slices OR Oven-Baked Fries OR Fruit - Choice</p>	<p>Choose 1: Spaghetti 20 w/Meatballs OR Chicken Strips OR Cheeseburger on Bun OR Pizza Choose 2: Green Beans OR Orange Wedges OR Oven-Baked Fries OR Fruit - Choice *Garlic Bread</p>	<p>Choose 1: Turkey Pot Pie 21 OR Rib-A-Cue on Bun OR Cheeseburger on Bun OR Pizza Choose 2: Broccoli & Cheese OR Fresh Fruit OR Hash Brown Pattie OR Lettuce, Tomato, Pickle *Chocolate Chip Cookie</p>	<p>Choose 1: Sloppy Jo on 22 Bun OR Fish Square on Bun OR Chicken Patty on Bun OR Pizza Choose 2: Baked Tater Tots OR Cole Slaw OR Corn-on-the-Cob OR Fruit - Choice *Carnival Crunch</p>
<p>Choose 1: Oven Baked 25 Corndog OR Toasted Ham & Cheese OR Cheeseburger on Bun OR Pizza Choose 2: Oven Fries OR Fresh Fruit OR Cherry Sorbet OR Baked Beans *Rice Krispie Treat</p>	<p>Choose 1: Nachos 26 w/Beef & Cheese OR Stacked Turkey on Wheat OR Chicken Patty OR Pizza Choose 2: Steamed Corn OR Orange & Apple Cup OR Oven- Baked Fries OR Lettuce, Tomato, Salsa *Pasta Salad</p>	<p>Choose 1: Mozzarella 27 Sticks w/Sauce OR Deli Wrap OR Cheeseburger on Bun OR Pizza Choose 2: Fresh Veggies w/Dip OR Applesauce Cup OR Tater Tots OR Steamed Vegetable *Cocoa Bar</p>	<p>Choose 1: Chicken Fajita 28 OR Tuna Salad on Wheat OR Chicken Patty on Bun OR Pizza Choose 2: Baby Carrots w/Dip OR Diced Pears OR Oven-Baked Wedges OR Lettuce, Tomato, Salsa *Cool Ranch Doritos</p>	<p>Choose 1: Ocean Treats 29 OR Chicken Nuggets OR Cheeseburger on Bun OR Pizza Choose 2: Oven-Baked Fries OR Chilled Grapes OR Fresh Veggie Choice OR Fruit - Choice *Macaroni & Cheese</p>

Enter Other Information Here

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.

