

January 2010

Manchester Elementary



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Chicken Nuggets 4 OR Lasagna Green Beans Fruit Cup Garlic Bread | BBQ Chicken on Bun 5 OR Pizza Steak Hoagie on Bun Seasoned Peas Orange Half ✓ Fun Size Fritos | Tomato Soup OR 6 Mega Noodle Soup Toasted Cheese Sandwich Fresh Broccoli Mixed Fruit Crackers | Pepperoni Pizza 7 OR Hamburger on Bun Baby Carrots w/Dip ✓ Chilled Pears ✓ Snickerdoodle Cookie | 1 Chicken Patty on 8 Wheat OR Fish on Wheat Oven Baked Fries Banana Half ✓ Cocoa Bar ✓ |
| Salisbury Steak 11 w/Bread & Butter OR COOK'S CHOICE Mashed Potatoes w/Gravy ✓ Chilled Orange ✓ Rice Krispie Treat | Hotdog 12 w/Sauce & Cheese OR Hot Ham Sandwich Baked Beans Fresh Fruit ✓ Snack Size Pretzels ✓ | Cheeseburger 13 on Bun OR Mini Club Sandwich Lettuce, Tomato, Pickle ✓ Cook's Choice Fruit Peanut Butter-Jelly Bar | Variety Pizza 14 OR Meatball Sub Sandwich Seasoned Corn Apple Half ✓ Fun Size Doritos | Popcorn Chicken 15 OR Ocean Treats Macaroni & Cheese Celery & Carrot Sticks ✓ Teddy Grahams ✓ |
| 18 NO SCHOOL MLK JR. DAY | Cheesy Breadsticks 19 w/Sauce ✓ OR Pizza Burger on Bun Toss Salad ✓ Hot Apple Slices | Spaghetti 20 w/Meatballs OR Chicken Strips Green Beans Orange Half ✓ Garlic Bread | Cheese Pizza 21 OR Rib-A-Cue Sandwich Broccoli & Cheese Fresh Fruit ✓ Chocolate Chip Cookie | Sloppy Jo on Bun 22 OR Fish Sandwich Baked Tots Cole Slaw Carnival Crunch |
| Oven-Baked 25 Corn dog OR Toasted Ham & Cheese Oven Fries Fresh Fruit ✓ Brownie Square | Nachos 26 w/Meat & Cheese OR Stacked Turkey on Wheat Steamed Corn Orange & Apple Cup ✓ Animal Crackers ✓ | Mozzarella Sticks 27 w/Sauce ✓ OR Deli Wrap Fresh Veggies w/Dip ✓ Applesauce Cup ✓ Cocoa Bar ✓ | Pepperoni Pizza 28 OR Tuna Salad Sandwich Baby Carrots w/Dip ✓ Diced Pears ✓ Cool Ranch Doritos | Ocean Treats 29 OR Chicken Nuggets Macaroni & Cheese Cook's Choice Vegetable Chilled Grapes ✓ Gold Fish Crackers |

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.

