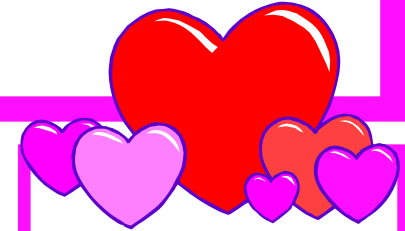




February 2010

Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose 1: Ravioli w/Cheese & Garlic Bread OR Popcorn Chicken OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Green Beans OR Fruit Cup OR Oven-Baked Fries OR Garden Salad</p> <p>*Garlic Bread</p>	<p>Choose 1: Soft Beef Taco OR Stacked Turkey on Wheat OR Chicken Patty on Bun OR Pizza</p> <p>Choose 2: Lettuce Tomato, Salsa OR Mixed Fruit OR Baked Potato Wedges OR Steamed Carrots</p> <p>*Snack Size Doritos</p>	<p>Choose 1: Cheeseburger on Bun OR Mini Club on Bun OR Steak & Cheese Hoagie OR Pizza</p> <p>Choose 2: Oven-Baked Fries OR Carrots w/Dip OR Lettuce, Tomato, Pickle, Onion OR Fruit - Choice</p> <p>*Cocoa Bar</p>	<p>Choose 1: BBQ Chicken on Bun OR Rib-A-Cue on Bun OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Steamed Corn OR Strawberry Cup OR Baked Curly Fries OR Cole Slaw</p> <p>*Cherry Cake w/Glaze</p>	<p>Choose 1: Fish Sandwich on Wheat OR Chicken Patty on Bun OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Scalloped Potatoes OR Applesauce Cup OR California Blend Vegetables OR Veggie Cup</p> <p>*Pkg. Snack - Choice</p>
<p>Choose 1: Salisbury Steak w/Bread & Butter OR Hot Ham Sandwich OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Mashed Potatoes w/Gravy OR Orange-Apple Cup OR Green Beans OR Lettuce, Tomato, Pickle</p> <p>*Peanut Butter-Jelly Bar</p>	<p>Choose 1: Cheesy Breadsticks w/Sauce OR Deli Wrap OR COOK'S CHOICE</p> <p>Choose 2: Toss Salad OR Diced Peaches OR Oven-Baked Fries OR Steamed Carrots</p>	<p>Choose 1: Homemade Chili OR Mega Noodle Soup w/Peanut Butter Sandwich OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Baby Carrots w/Dip OR Orange Wedges OR Baked Tater Tots OR Fruit-Choice</p> <p>*Crackers</p>	<p>Choose 1: Pizza - Choice OR Cheeseburger on Bun OR Nachos w/Beef & Cheese OR COOK'S CHOICE</p> <p>Choose 2: Lettuce, Tomato, Salsa OR Oven-Baked Fries OR Corn-on-the-Cob OR Apple Wedges</p> <p>*Teddy Grahams</p>	<p>Choose 1: Ocean Treats OR Chicken Nuggets OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Celery Sticks w/Dip OR Fruit Cup OR Hash Brown Casserole OR Lettuce, Tomato, Pickle</p> <p>*Valentine Cake</p>
<p>15</p> <p>NO SCHOOL PRESIDENTS DAY</p>	<p>16</p> <p>NO SCHOOL WAIVER DAY</p>	<p>Choose 1: Cheese Coney w/Sauce & Onion OR Chicken Patty on Bun OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Baked Beans OR Fresh Fruit OR Oven-Baked Fries OR Pickle Spear</p> <p>*Snack Size Fritos</p>	<p>Choose 1: Beef & Gravy Hot Shot OR Meatball Sub on Bun OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Mashed Potatoes w/Gravy OR Green Beans OR Carrots Sticks w/Dip OR Mixed Fruit OR</p> <p>*Chocolate Chip Cookie</p>	<p>Choose 1: Sloppy Jo on Bun OR Fish on Wheat OR Chicken Patty on Bun OR Pizza</p> <p>Choose 2: Baked Tots OR Cole Slaw OR Steamed Corn OR Veggie Cup</p> <p>*Snack Size Pretzels</p>
<p>Choose 1: Oven Baked Corn Dog OR Toasted Ham & Cheese OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Oven Fries OR Fresh Fruit OR Steamed Carrots OR Fruit - Choice</p> <p>*Gingerbread Cake w/Topping</p>	<p>Choose 1: Mozzarella Sticks w/Sauce OR Pizza Steak Hoagie on Bun OR Chicken Patty on Bun OR COOK'S CHOICE</p> <p>Choose 2: Toss Salad OR Fruit Cup OR Oven-Baked Wedges OR Corn-on-the-Cob</p> <p>*Clodhoppers</p>	<p>Choose 1: Stacked Turkey on Wheat OR Toasted Cheese OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Lettuce, Tomato, Pickle OR Applesauce Cup OR Oven-Baked Fries OR Cook's Choice-Vegetable</p> <p>*Cool Ranch Doritos</p>	<p>Choose 1: Chicken & Cheese Quesadilla OR Mini Club Sandwich OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Carrots w/Dip OR Chilled Pears OR Lettuce, Tomato, Salsa OR Oven-Baked Fries</p> <p>*Brownie Square</p>	<p>Choose 1: Chicken Strips OR Spaghetti w/Meatballs & Garlic Bread OR Fish on Bun OR Pizza</p> <p>Choose 2: Green Beans OR Fresh Fruit - Choice OR Curly Fries OR Fruit - Choice</p> <p>*Cook's Choice Dessert</p>

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

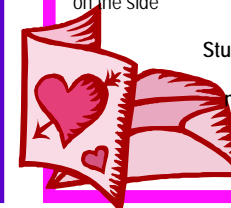
Available Daily on Lunch:
Pizza
Fruit Choices

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.