



March 2010

Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1: Hot Ham & Cheese ¹ on Bun OR Rib-A-Cue on Bun OR Chicken Patty on Bun OR Pizza Choose 2: Au Gratin Potatoes OR Orange & Grape Cup✓ OR Lettuce, Tomato, Pickle, Onion✓ OR Fresh Veggie Cup✓ *Cake w/Glaze	Choose 1: Cheesy Breadsticks ² w/Sauce➤ OR Mini Club on Bun OR COOK'S CHOICE Choose 2: Toss Salad✓ OR Hot Apple Slices OR Oven-Baked Fries OR Fruit - Choice	Choose 1: Chicken Patty on Wheat OR Hamburger on Wheat OR BBQ Pork on Bun OR Pizza Choose 2: Toss Salad✓ OR Hot Fresh Fruit✓ OR Pickle Spear *Cocoa Bar✓	Choose 1: Variety Pizza OR ⁴ Tuna Salad on Wheat OR Kickin' Chicken Wrap OR Cheeseburger on Bun Choose 2: Baby Carrots✓ w/Dip➤ OR Applesauce✓ OR Oven-Baked Wedges OR Steamed Vegetable✓ *Fun Size Fritos	Choose 1: Fish on Bun OR ⁵ Sloppy Jo on Bun OR Cheeseburger on Bun OR Pizza Choose 2: Baked Fries OR Cole Slaw OR Fruit - Choice✓ OR Steamed Corn *Peanut Butter-Jelly Bar
Choose 1: Ravioli w/Meat OR ⁸ Popcorn Chicken OR Cheeseburger on Bun OR Pizza Choose 2: Green Beans OR Orange Half✓ OR Oven-Baked Fries OR Garden Salad✓ *Garlic Bread	Choose 1: Nachos w/Meat & Cheese Sauce OR Pizzaburger on Bun OR Chicken Patty on Bun OR Pizza Choose 2: Steamed Corn OR Apple Half✓ OR Lettuce, Tomato, Salsa✓ OR Oven-Baked Fries *Snickerdoodle Cookie	Choose 1: BBQ Chicken on Bun OR Stacked Turkey on Wheat OR Cheeseburger on Bun OR Pizza Choose 2: Seasoned Peas OR Banana Half✓ OR Cole Slaw OR Oven-Baked Wedges *Snack Size Doritos	Choose 1: Chili Cheese Fries ¹¹ OR Deli Wrap OR Chicken Patty on Bun OR Pizza Choose 2: Toss Salad✓ OR Chilled Grapes✓ OR French Fries OR Steamed Vegetable✓ *Fresh Brownie	Choose 1: Ocean Treats OR ¹² Chicken Nuggets w/Macaroni & Cheese OR Cheeseburger on Bun OR Pizza Choose 2: Carrot Sticks✓ OR Fruit - Choice✓ OR Green Beans OR Oven-Baked Fries *Teddy Grahams
Choose 1: Salisbury Steak ¹⁵ w/Bread & Butter OR Chicken Patty on Wheat OR Cheeseburger on Bun OR Pizza Choose 2: Mashed Potatoes w/Gravy➤ OR Fresh Fruit Cup✓ OR Steamed Corn OR Lettuce, Tomato, Pickle *Fruit Turnover	Choose 1: Chicken Fajita OR ¹⁶ COOK'S CHOICE OR Cheeseburger on Bun OR Pizza Choose 2: Lettuce, Tomato, Salsa✓ OR Diced Peaches OR Oven-Baked Fries OR Fruit - Choice *Rice Krispie Treat	Choose 1: Mega Noodle ¹⁷ Soup OR Tomato Soup w/Toasted Cheese OR Chicken Patty on Bun OR Pizza Choose 2: Celery Sticks w/Peanut Butter➤ OR Cherries w/Topping OR Fruit - Choice OR Oven-Baked Tots *Crackers <i>St. Patrick's Day</i>	Choose 1: Stuffed Crust ¹⁸ Pizza OR Sub Sandwich OR Cheeseburger on Bun OR Deli Wrap Choose 2: Trail Mix✓ OR Mixed Fruit OR Lettuce, Tomato, Pickle OR Oven-Baked Fries *No Bake Oatie	Choose 1: Cheeseburger ¹⁹ Deluxe OR Fish on Bun OR COOK'S CHOICE OR Pizza Choose 2: Oven Fries OR Banana Half✓ OR Lettuce, Tomato, Pickle✓ OR Steamed Vegetable *Cake w/Glaze
Choose 1: Baked Corn ²² Dog OR Hot Ham & Cheese on Bun OR Cheeseburger on Bun OR Pizza Choose 2: Oven Fries OR Fresh Fruit✓ OR Baked Beans OR Lettuce, Tomato Pickle✓ *Banana/Walnut Cake w/Glaze	Choose 1: Mozzarella Sticks ²³ w/Sauce➤ OR Pizza Steak Hoagie on Bun OR Cheeseburger on Bun OR Pizza Choose 2: Carrot Sticks✓ OR Trail Mix✓ OR Toss Salad✓ OR Oven-Baked Fries *Clodhoppers	Choose 1: Cheese Coney ²⁴ w/Sauce & Onion OR Cheeseburger on Bun OR Chicken Patty on Bun OR Pizza Choose 2: Baked Beans OR Orange Wedges✓ OR Oven-Baked Fries OR Fruit - Choice *Mini Pretzels	Choose 1: Turkey & Gravy ²⁵ Hot Shot OR Meatball Sub Sandwich OR Cheeseburger on Bun OR Pizza Choose 2: Seasoned Corn OR Apple Half✓ OR Mashed Potatoes w/Gravy➤ OR Veggie Cup✓ *Cook's Choice Dessert	Choose 1: Chicken Strips ²⁶ OR Ocean Treats w/Macaroni & Cheese OR Cheeseburger on Bun OR Pizza Choose 2: Cole Slaw OR Fruit Cup OR Oven-Baked Fries OR Steamed Peas *Chocolate Chip Cookie
Choose 1: Baked Lasagna ²⁹ OR Chicken Nuggets OR Cheeseburger on Bun OR Pizza Choose 2: Corn-on-the-Cob OR Apple & Orange Cup✓ OR Toss Salad✓ OR Oven-Baked Fries *Garlic Bread	Choose 1: Soft Taco ³⁰ w/Meat & Cheese OR Stacked Turkey on Wheat OR Chicken Patty on Bun OR Pizza Choose 2: Lettuce, Tomato, Salsa✓ OR Fruit Cup OR Oven-Baked Fries OR Steamed Carrots *Fun Size Fritos	Choose 1: Roast Turkey ³¹ w/Roll OR Hot Ham & Cheese on Bun Choose 2: Mashed Potatoes w/Gravy➤ OR Green Beans OR Fruit Cup OR Homemade Stuffing *Easter Cookie	Choose 1: Variety Pizza OR ¹ Tuna Salad on Wheat OR COOK'S CHOICE Choose 2: Carrots w/Dip✓➤ OR Trail Mix✓ OR Onion Rings OR Fruit - Choice *Cocoa Bar✓	2 NO SCHOOL GOOD FRIDAY

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.

