



March 2010

Manchester Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
Hot Ham & Cheese ¹ Sandwich OR Rib-A-Cue Sandwich Au Gratin Potatoes Orange & Grape Cup✓ Cook's Choice Cake w/Glaze	Cheesy Breadsticks ² w/Sauce➤ OR Mini Club Sandwich Toss Salad✓ Hot Apple Slices	Chicken Patty on Wheat OR Hamburger on Wheat Oven-Baked Fries Fresh Fruit✓ Cocoa Bar✓	Variety Pizza ⁴ OR Tuna Salad on Wheat Baby Carrots w/Dip✓➤ Applesauce✓ Fun Size Fritos	Fish Sandwich ⁵ OR Sloppy Jo on Bun Baked Fries Cole Slaw Peanut Butter-Jelly Bar
Ravioli w/Meat & ⁸ Cheese OR Chicken Strips Green Beans Orange Half✓ Garlic Bread	Nachos w/Meat & ⁹ Cheese Sauce➤ OR Pizzaburger on Bun Steamed Corn Apple Half✓ Snickerdoodle Cookie	BBQ Chicken ¹⁰ Sandwich OR Stacked Turkey on Wheat Seasoned Peas Banana Half✓ Snack Size Doritos	Pepperoni Pizza ¹¹ OR Deli Wrap Toss Salad✓ Chilled Grapes✓ Fresh Brownie	Ocean Treats ¹² OR Chicken Nuggets Macaroni & Cheese Carrot Sticks ✓ Cook's Choice Fruit Teddy Grahams
Salisbury Steak ¹⁵ w/Bread & Butter OR Chicken Patty on Wheat Mashed Potatoes w/Gravy➤ Fresh Fruit Cup✓ Fruit Turnover	Chicken Fajita ¹⁶ OR COOK'S CHOICE Lettuce & Cheese✓ Diced Peaches Rice Krispie Treat	Mega Noodle Soup ¹⁷ OR Tomato Soup Toasted Cheese Celery Sticks w/Peanut Butter Cherries w/Topping Crackers	Cheese Pizza ¹⁸ OR Sub Sandwich Trees & Clouds ✓ Mixed Fruit No Bake Oatie	Hamburger on Bun ¹⁹ OR Fish Sandwich Oven Fries Banana Half✓ Cook's Choice Cake w/Glaze
Baked Corndog ²² OR Hot Ham & Cheese Oven Fries Fresh Fruit✓ Banana Walnut Cake w/Glaze	Mozzarella ²³ Sticks w/Sauce➤ OR Pizza Steak Hoagie on Bun Carrot Sticks✓ Trail Mix✓ Clodhoppers	Cheeseburger ²⁴ on Bun OR Hotdog w/Sauce & Cheese Baked Beans Orange Wedges Mini Pretzels	Variety Pizza ²⁵ OR Meatball Sub Sandwich Seasoned Corn Apple Half✓ Cool Ranch Doritos	Chicken Strips ²⁶ OR Ocean Treats Macaroni & Cheese Cole Slaw Fruit Cup Chocolate Chip Cookie
Baked Lasagna ²⁹ OR Chicken Nuggets Green Beans Apple & Orange Cup✓ Garlic Bread	Soft Taco w/Meat ³⁰ OR Stacked Turkey on Wheat Lettuce & Cheese✓ Fruit Cup Fun Size Fritos	Baked Ham Sandwich ³¹ Cook's Choice Potatoes Green Beans Chilled Grapes Easter Cookie Easter Luncheon	Pepperoni Pizza ^{4/1} OR Tuna Salad on Wheat Carrots w/Dip ✓➤ Trail Mix✓ Cocoa Bar✓	NO SCHOOL GOOD FRIDAY

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.

