

April 2010

Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
			Choose 1: Variety Pizza OR Tuna Salad on Wheat OR Homemade Vegetable Soup w/Pimento Cheese Choose 2: Carrots w/Dip OR Trail Mix OR Onion Rings OR Fruit - Choice *Cocoa Bar✓	NO SCHOOL GOOD FRIDAY
NO SCHOOL EASTER BREAK	Choose 1: Nacho's w/Beef & Cheese Sauce OR BBQ Chicken on Bun OR Cheeseburger on Bun OR Pizza Choose 2: Steamed Corn OR Apple Wedges OR Lettuce, Tomato, Salsa OR Oven-Baked Fries *Snickerdoodle Cookie	Choose 1: Stacked Turkey on Wheat OR Toasted Cheese OR Chicken Patty on Bun OR Pizza Choose 2: Tater Tots OR Orange & Apple Cup OR Broccoli & Cheese OR Lettuce, Tomato, Pickle✓ *Brownie Square	Choose 1: Red Baron Pizza OR Deli Wrap OR Cheeseburger on Bun OR Cook's Choice Choose 2: Veggies w/Dip OR Applesauce Cup OR Baked Potato Wedges OR Steamed Vegetable✓ *Fun Size Fritos	Choose 1: Fish on Bun OR Pork BBQ on Bun OR Chicken Patty on Bun OR Pizza Choose 2: Oven-Baked Fries OR Banana Half OR Fresh Veggie-Choice OR Cole Slaw *Rice Krispie Treat
Choose 1: Baked Spaghetti OR Popcorn Chicken OR Cheeseburger on Bun OR Pizza Choose 2: Green Beans OR Orange Cup OR Oven-Baked Fries OR Garden Salad✓ *Garlic Bread	Choose 1: Cheesy Breadsticks w/Sauce OR Pizza Steak Hoagie on Bun OR Cook's Choice Choose 2: Baby Carrots w/Dip OR Hot Apple Slices OR Oven-Baked Fries OR Lettuce, Tomato, Pickle✓ *Teddy Grahams	Choose 1: Chicken Patty on Wheat OR Cheeseburger on Bun OR Tuna Noodle Casserole w/Garlic Bread OR Pizza Choose 2: Baked Fries OR Veggie Cup OR Steamed Peas OR Fruit - Choice *Gingerbread w/Topping	Choose 1: Pepperoni Pizza OR Sub Sandwich OR Cheese Stuffed Breadsticks w/Sauce OR Cook's Choice Choose 2: Toss Salad OR Cherries w/Topping OR Lettuce, Tomato, Pickle OR Oven Baked Wedges *No Bake Oatie	Choose 1: Chicken Nuggets OR Ocean Treats w/Macaroni & Cheese OR Cheeseburger on Bun OR Pizza Choose 2: Celery Sticks OR Applesauce Cup OR Baked Tater Tots OR Steamed Carrots *Clodhoppers
Choose 1: Ravioli w/Meat & Cheese OR Chicken Strips OR Cheeseburger on Bun OR Pizza Choose 2: Green Beans OR Orange Wedges OR Oven-Baked Fries OR Fresh Cucumbers w/Ranch Dip *Garlic Bread	Choose 1: Salisbury Steak w/Bread & Butter OR Chicken Patty on Wheat OR Ham & Cheese on Bun OR Pizza Choose 2: Mashed Potatoes w/Gravy OR Fresh Fruit Cup OR Blueberries w/Topping OR Steamed Corn *Cook's Choice Dessert	Choose 1: Soft Taco w/Beef & Cheese OR Stacked Turkey on Wheat OR Cheeseburger on Bun OR Pizza Choose 2: Lettuce, Tomato, Salsa OR Trail Mix OR Oven-Baked Fries OR Fruit - Choice *Fun Size Doritos	Choose 1: Chicken & Noodles w/Roll OR Meatball Sub OR Cook's Choice OR Pizza Choose 2: Steamed Peas OR Apple Half OR Oven-Baked Tater Tots OR Fruit - Choice *Cooks Choice Dessert	Choose 1: Mozzarella Sticks w/Sauce OR Deli Wrap OR Pizza Steak Hoagie on Bun OR Pizza Choose 2: Toss Salad OR Diced Peaches OR Oven-Baked Fries OR Lettuce, Tomato, Pickle✓ *Chocolate Cake w/Glaze
Choose 1: Oven Baked Corn dog OR Toasted Ham & Cheese OR Chicken Patty on Bun OR Pizza Choose 2: Oven-Baked Fries OR Orange Half OR Pickle Spear OR California Blend Vegetables *Strawberry Shortcake	Choose 1: Cheese Coney w/Sauce & Onion OR Mini Club Sandwich OR Cheeseburger on Bun OR Pizza Choose 2: Baked Beans OR Banana Half OR Oven-Baked Fries OR Veggie Cup *Goldfish Crackers	Choose 1: Pizzaburger on Bun OR Rib-A-Cue on Bun OR Deli Wrap OR Pizza Choose 2: Toss Salad OR Applesauce OR Lettuce, Tomato, Pickle, Onion OR Corn-on-the-Cob *Snack Size Fritos	Choose 1: Chili Cheese Fries OR Chicken Patty on Bun OR Cheeseburger Deluxe OR Pizza Choose 2: Carrots w/Dip OR Diced Peaches OR Chilled Grapes OR French Fries *Mini Pretzels	Choose 1: Sloppy Jo on Bun OR Fish on Bun w/Macaroni & Cheese OR Cook's Choice OR Pizza Choose 2: Cole Slaw OR Trail Mix OR Steamed Corn OR Oven-Baked Fries *Cook's Choice

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.

