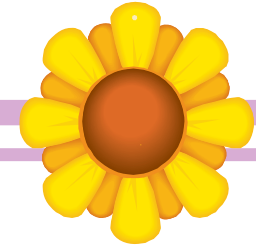




May 2010

Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choose 1: Baked Spaghetti 3 w/Meatballs OR Popcorn Chicken w/Garlic Bread OR Cook's Choice OR Pizza</p> <p>Choose 2: Green Beans OR Orange Wedges✓ OR Oven-Baked Fries OR Garden Salad✓</p> <p>*Cherry Crisp</p>	<p>Choose 1: Cheese Stuffed Breadsticks w/Sauce➤ OR Stacked Turkey on Bun OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Baked Curly Fries OR Lettuce, Tomato, Pickle✓ OR Steamed Vegetable✓ OR Fruit-Choice✓</p> <p>*Cocoa Bar✓</p>	<p>Choose 1: Chicken Patty on Wheat OR Rib-A-Cue on Bun OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Steamed Peas OR Lettuce, Tomato, Pickle, Onion✓ OR Diced Peaches✓ OR Oven-Baked Wedges</p> <p>*Cooks Choice Dessert</p>	<p>Choose 1: Philly Steak & Cheese on Bun OR Tuna Salad on Wheat OR Chicken Patty on Bun OR Pizza</p> <p>Choose 2: Baby Carrots✓ w/Dip➤ OR Cherry Sorbet✓ OR Onion Rings OR Fruit – Choice✓</p> <p>*Fun Size Doritos</p>	<p>Choose 1: Toasted Cheese OR Nacho's w/Meat & Cheese OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Seasoned Corn OR Trail Mix✓ OR Oven-Baked Fries OR Lettuce, Tomato, Salsa✓</p> <p>Jell-O Cup✓</p> <p>*Rice Krispie Treat</p>
<p>Choose 1: Oven-Baked Corndog OR Meatball Sub OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Tater Tots OR Strawberries w/Topping OR Toss Salad✓ OR Fruit – Choice</p> <p>*G-Force Bar✓</p>	<p>Choose 1: Chicken Fajita OR Mini Club Sandwich OR Chicken Patty on Bun OR Pizza</p> <p>Choose 2: Lettuce, Tomato, Salsa✓ OR Applesauce✓ OR Oven-Baked Fries OR Broccoli & Cheese</p> <p>*Fun Size Fritos</p>	<p>Choose 1: BBQ Chicken on Bun OR Pizza Steak Hoagie OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Carrots✓ w/Dip➤ OR Diced Peaches✓ OR Lettuce, Tomato, Pickle, Onion✓ OR Oven-Baked Wedges</p> <p>*Chocolate Cake w/Glaze</p>	<p>Choose 1: Spicy Chicken on Bun OR Ham & Cheese on Wheat OR Cook's Choice OR Pizza</p> <p>Choose 2: Green Beans OR Fresh Fruit✓ OR Mashed Potatoes w/Gravy➤ OR Fruit – Choice</p> <p>*No Bake Oatie</p>	<p>Choose 1: Fish on Bun OR Sloppy Jo on Bun OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Oven-Baked Fries OR Fruit – Choice OR Cole Slaw OR Steamed Corn</p> <p>*Clodhoppers</p>
<p>Choose 1: Ravioli w/Meat & Cheese OR Chicken Strips w/Garlic Bread OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Toss Salad✓ OR Diced Peaches✓ OR Baked Tater Tots OR Steamed Carrots</p> <p>*Peach Crisp</p>	<p>Choose 1: Cheesy Breadsticks w/Sauce➤ OR Tuna Salad Sandwich OR Cook's Choice</p> <p>Choose 2: Carrots✓ w/Dip➤ OR Applesauce✓ OR Oven-Baked Fries OR Fruit – Choice✓</p>	<p>Choose 1: Traveling Taco w/Meat & Cheese OR Chicken Patty on Bun OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Oven-Baked Fries OR Orange Wedges OR Lettuce, Tomato, Salsa✓ OR Steamed Corn</p> <p>*Snickerdoodle Cookie</p>	<p>Choose 1: Hot Italian Sub OR Deli Wrap OR Cook's Choice OR Pizza</p> <p>Choose 2: Toss Salad✓ OR Mixed Fruit OR Cherry Sorbet Cup✓ OR Oven-Baked Fries</p> <p>*Golden Cake w/Chocolate Glaze</p>	<p>Choose 1: Ocean Treats OR Chicken Nuggets w/Macaroni & Cheese OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Celery Sticks✓ OR Fruit Cup✓ OR Green Beans OR Oven-Baked Fries</p> <p>*Cook's Choice Dessert</p>
<p>Choose 1: Salisbury Steak w/Bread & Butter OR Chicken Patty on Wheat OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Mashed Potatoes w/Gravy➤ OR Cherries w/Topping OR Green Beans OR Fruit – Choice</p> <p>*Teddy Grahams</p>	<p>Choose 1: Cheese Coney w/Sauce & Onion OR Mini Club OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Baked Beans OR Fresh Fruit✓ OR Oven-Baked Fries OR Cook's Choice</p> <p>*Fun Size Fritos</p>	<p>Choose 1: Pizza Burger OR Chicken Fajita OR Cook's Choice</p> <p>Choose 2: Lettuce, Tomato, Salsa✓ OR Fruit Cup OR Oven-Baked Fries OR Cook's Choice</p> <p>*Cool Ranch Doritos</p>	<p>Choose 1: Red Baron Pizza OR Ham & Cheese on Bun OR Cook's Choice</p> <p>Choose 2: Veggies✓ w/Dip➤ OR Orange Wedges✓ OR Potato-Choice OR Cherry Sorbet✓</p> <p>*Fun Size Pretzels</p>	<p>Choose 1: Sloppy Jo on Bun OR Fish on Bun w/Macaroni & Cheese OR Cheeseburger on Bun OR Pizza</p> <p>Choose 2: Cole Slaw OR Steamed Corn OR Fresh Veggie Cup✓ OR Fruit Cup✓</p> <p>*Chocolate Chip Cookie</p>
<p>31</p> <p>NO SCHOOL MEMORIAL DAY</p>	<p>June 1</p> <p>Choose 1: Variety Pizza OR Cook's Choice</p> <p>Choose 2: Vegetable Choice OR Oven-Baked Fries OR Fruit – Choice</p> <p>*Pkg. Snack</p>	<p>HAVE A GREAT SUMMER!</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.

