



September 2009



Manchester Local School District



Monday	Tuesday	Wednesday	Thursday	Friday
31 Bagel w/Cream Cheese Juice – Choice ½ Pint Milk - Choice	1 Waffles w/Syrup Juice – Choice ½ Pint Milk – Choice	2 Cinnamon Rolls w/Vanilla Glaze Juice – Choice ½ Pint Milk – Choice	3 Biscuits & Gravy Juice – Choice ½ Pint Milk – Choice	4 Egg & Cheese Wrap Juice – Choice ½ Pint Milk – Choice
7 LABOR DAY NO SCHOOL	8 Cinnamon Toast Juice – Choice ½ Pint Milk - Choice	9 Pancake Sausage Wrap w/Syrup Juice – Choice ½ Pint Milk – Choice	10 Fresh Baked Muffin Juice – Choice ½ Pint Milk - Choice	11 Ham & Egg Sandwich Juice – Choice ½ Pint Milk – Choice
14 Breakfast Pizza Juice – Choice ½ Pint Milk – Choice	15 Mini Pancakes w/Syrup Juice – Choice ½ Pint Milk – Choice	16 Oats w/Brown Sugar & Cinnamon Toast Juice – Choice ½ Pint Milk – Choice	17 Biscuit & Gravy Juice – Choice ½ Pint Milk – Choice	18 Scrambled Eggs w/Toast Juice – Choice ½ Pint Milk – Choice
21 Yogurt Cup w/Graham Crackers Juice – Choice ½ Pint Milk – Choice	22 Funnel Cake Juice – Choice ½ Pint Milk – Choice	23 French Toast Sticks w/Sausage Juice – Choice ½ Pint Milk – Choice	24 Sausage Wrap w/ Syrup Juice – Choice ½ Pint Milk – Choice	25 Sausage Sandwich Juice – Choice ½ Pint Milk – Choice
28 Chicken on Biscuit Juice – Choice ½ Pint Milk – Choice	29 Egg Omelet w/Toast Wedge Juice – Choice ½ Pint Milk – Choice	30 Bagel w/Cream Cheese Juice – Choice ½ Pint Milk – Choice	OCT 1 COOK'S CHOICE ½ Pint Milk – Choice	2 Mini Pancakes w/Syrup Juice – Choice ½ Pint Milk – Choice

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High School and Elementary Breakfast

✓ INDICATES ITEM IS LOW
FAT

➤ SAUCES, DRESSINGS &
GRAVY ARE SERVED ON
THE SIDE

