



# August 2009

## Manchester Elementary

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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# Welcome Back!

**24** Corndog  
OR  
Hat Ham & Cheese  
Oven Baked Fries  
Applesauce Cup  
Pkg. Snack

**25** Baked Spaghetti  
OR  
Cook's Choice  
Toss Salad  
Fruit Cup  
Garlic Bread

**26** Popcorn Chicken  
OR  
Stacked Turkey on Wheat  
Green Beans  
Orange Wedges  
Fruit Turnover

**27** Variety Pizza  
OR  
Chickenburger on Wheat  
Seasoned Corn  
Apple Half  
Cook's Choice Cookie

**28** Mozzarella Sticks  
w/Sauce OR  
Pizza Burger  
Carrots w/Dip  
Sorbet Cup  
Snack Size Pretzels

**31** Cheeseburger  
OR  
Rib-A-Cue  
Baked Curly Fries  
Orange & Apple Wedges  
Cocoa Bar

**1** Cheesy Breadsticks  
w/Sauce OR Mini Club  
Baby Carrots w/Dip  
Strawberry-Banana  
Applesauce Cup

**2** Chicken Patty OR  
Deli Wrap  
Peas & Carrots  
Banana Half  
Snickerdoodle Cookie

**3** Cheese Pizza OR  
Tuna Salad on Wheat  
Toss Salad  
Hot Apple Slices  
Cool Ranch Doritos

**4** Ocean Treats OR  
Chicken Nuggets  
Macaroni & Cheese  
Celery & Carrot Sticks  
Peanut Butter-Jelly Bar



### 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.