



September 2009



Manchester Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger OR Rib-A-Cue Baked Curly Fries Orange & Apple Wedges Cocoa Bar	Cheesy Breadsticks ¹ w/Sauce OR Mini Club Baby Carrots w/Dip Strawberry-Banana Applesauce Cup	Chicken Patty OR ² Deli Wrap Peas & Carrots Banana Half Snickerdoodle Cookie	Cheese Pizza OR ³ Tuna Salad on Wheat Toss Salad Hot Apple Slices Cool Ranch Doritos	Ocean Treats OR ⁴ Chicken Nuggets Macaroni & Cheese Celery & Carrot Sticks Peanut Butter-Jelly Bar
7 NO SCHOOL LABOR DAY	Chicken Strips ⁸ OR Lasagna Green Beans Orange Wedges Garlic Bread	Nachos w/Meat & ⁹ Cheese OR Pizza Steak Hoagie Steamed Corn Apple Half Clodhoppers	Pepperoni Pizza ¹⁰ OR Hamburger on Wheat Fresh Veggies w/Dip Chilled Fruit No Bake Oatie	Fish Sandwich ¹¹ OR Toasted Ham & Cheese Oven Baked Fries Fresh Fruit Choice Goldfish Crackers
Salisbury Steak ¹⁴ w/Bread & Butter OR Chicken Patty on Bun Mashed Potatoes w/Gravy Fresh Fruit	Chicken Fajita ¹⁵ OR Cook's Choice Lettuce & Cheese Applesauce Cool Ranch Doritos	Mozzarella Sticks ¹⁶ w/Sauce OR Stacked Turkey on Wheat Toss Salad Mixed Fruit Fresh Baked Cookie	Variety Pizza ¹⁷ OR Sub Sandwich Broccoli & Cheese Chilled Grapes Vanilla Cake w/Caramel Glaze	Chicken Nuggets ¹⁸ OR Ocean Treats Macaroni & Cheese Orange Half Teddy Grahams
Baked Ravioli ²¹ OR Chicken Strips Green Beans Orange Half Garlic Bread	Hotdog w/Sauce & ²² Cheese OR Hamburger on Wheat Baked Beans Orange & Apple Cup Rice Krispie Treat	Soft Taco w/Meat ²³ OR Stacked Ham on Wheat Lettuce & Cheese Applesauce Cup Fun Size Fritos	Cheese Pizza ²⁴ OR BBQ Chicken Sandwich Carrots w/Dip Cherries w/Topping Chocolate Chip Cookie	Sloppy Jo ²⁵ OR Fish on Wheat Cole Slaw Diced Peaches Snack Size Doritos
Baked Corndog ²⁸ OR Toasted Ham & Cheese Oven Potatoes Apple Wedges Brownie Square	Popcorn Chicken ²⁹ OR Rib-A-Cue Cook's Choice Potatoes Chilled Grapes Peanut Butter No Bake	Mega Noodle Soup ³⁰ OR Tomato Soup Toasted Cheese Sandwich Carrot & Celery Sticks Fruit - Choice Crackers	1 Pepperoni Pizza OR Tuna Salad on Wheat Seasoned Corn Orange & Grape Cup Banana Cake w/Glaze	2 Chicken Patty on Wheat OR Mini Club Baked Tater Tots Deluxe Cup Sweet Rice

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.

