



August 2009

Manchester High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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WELCOME BACK

24 Choose 1: Corndog OR Hot Ham & Cheese OR Cheeseburger OR Pizza
Choose 2: Oven Baked Fries OR Lettuce, Tomato, Pickle, Onion OR Applesauce Cup OR Fruit – Choice
*Pkg. Snack

25 Choose 1: Baked Spaghetti OR Cook's Choice OR Fish OR Pizza
Choose 2: Toss Salad OR Fruit Cup OR Oven Wedges OR Steamed Carrots
*Garlic Bread

26 Choose 1: Popcorn Chicken OR Stacked Turkey on Wheat OR Cheeseburger OR Pizza
Choose 2: Green Beans OR Orange Wedges OR French Fries OR Fruit – Choice
*Fruit Turnover

27 Choose 1: Red Baron Pizza OR Chickenburger on Wheat OR Tuna Salad on Wheat OR Chicken Wrap
Choose 2: Seasoned Corn OR Apple Half OR Lettuce, Tomato OR Baked Tater Tots
*Cookie – Choice

28 Choose 1: Mozzarella Sticks w/Sauce OR Pizza Burger OR Cook's Choice OR Pizza
Choose 2: Carrots w/Dip OR Sorbet Cup OR Fruit – Choice OR Oven Baked Fries
*Snack Size Pretzels

31 Choose 1: Cheeseburger OR Rib-A-Cue OR Chicken Patty OR Pizza
Choose 2: Baked Curly Fries OR Orange & Apple Wedges OR Pickle Spear OR Baked Beans
*Cocoa Bar

1 Choose 1: Cheesy Breadsticks w/Sauce OR Mini Club OR Fish w/Tartar Sauce
Choose 2: Baby Carrots w/Dip OR Strawberry Banana Applesauce Cup OR Oven Baked Fries OR Lettuce & Tomato

2 Choose 1: Chicken Patty OR Deli Wrap OR Toasted Ham & Cheese OR Pizza
Choose 2: Steamed Peas & Carrots OR Banana Half OR Baked Wedges OR Fruit – Choice
*Snickerdoodle Cookie

3 Choose 1: Red Baron Pizza OR Tuna Salad on Wheat OR Meatball Sub OR Cheeseburger
Choose 2: Toss Salad OR Hot Apple Slices OR Onion Rings OR Fruit – Choice
*Cool Ranch Doritos

4 Choose 1: Ocean Treats OR Chicken Nuggets w/Dip OR Cheeseburger OR Pizza
Choose 2: Macaroni & Cheese OR Celery & Carrot Sticks OR Oven Baked Fries OR Fruit – Choice
*Peanut Butter-Jelly Bar



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.