



September 2009



Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
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
7 LABOR DAY NO SCHOOL	8 Choose 1: Chicken Strips w/Dip OR Lasagna OR Cheeseburger OR Pizza Choose 2: Green Beans OR Orange Wedges OR Fresh Broccoli w/Dip OR Oven Baked Fries *Garlic Bread	9 Choose 1: Nachos w/Meat & Cheese OR Pizza Steak Hoagie OR Chicken Patty OR Pizza Choose 2: Steamed Corn OR Apple Half OR Lettuce, Tomato, Salsa OR Baked Wedges *Clodhoppers	10 Choose 1: Variety Pizza OR Hamburger on Wheat OR Cheese Coney w/Sauce & Onion OR Cook's Choice Choose 2: Fresh Veggies w/Dip OR Chilled Fruit OR Lettuce, Tomato, Pickle, Onion OR French Fries *No Bake Oatie	11 Choose 1: Fish Sandwich OR Toasted Ham & Cheese OR Cheeseburger OR Pizza Choose 2: Oven Baked Fries OR Fresh Fruit – Choice OR Cole Slaw OR Fruit – Choice *Goldfish Crackers
14 Choose 1: Salisbury Steak w/Bread & Butter OR Chicken Patty OR Cheeseburger OR Pizza Choose 2: Mashed Potatoes w/Gravy OR Fresh Fruit OR Green Beans OR Fruit – Choice *Pkg. Snack	15 Choose 1: Chicken Fajita OR Cook's Choice OR Chicken Patty OR Pizza Choose 2: Lettuce, Tomato, Salsa OR Applesauce OR Steamed Corn OR Oven Baked Fries *Cool Ranch Doritos	16 Choose 1: Mozzarella Sticks w/Sauce OR Stacked Turkey on Wheat OR Cheeseburger OR Pizza Choose 2: Toss Salad OR Mixed Fruit Cup OR Steamed Carrots OR Oven Baked Tater Tots *Fresh Baked Cookie	17 Choose 1: Red Baron Pizza OR Sub Sandwich OR Chili Cheese Fries OR Chicken Patty Choose 2: Broccoli & Cheese OR Chilled Grapes OR Veggie Cup w/Dip OR French Fries *Vanilla Cake w/Caramel Glaze	18 Choose 1: Chicken Nuggets w/Dip OR Ocean Treats OR Cheeseburger OR Pizza Choose 2: Macaroni & Cheese OR Orange Half OR Garden Salad OR Fruit – Choice *Teddy Grahams
21 Choose 1: Baked Ravioli OR Chicken Strips OR Cheeseburger OR Pizza Choose 2: Green Beans OR Orange Half OR Oven Baked Fries OR Garden Salad *Garlic Bread	22 Choose 1: Hot Dog w/Sauce, Onion, Cheese OR Hamburger on Wheat OR Chicken Patty OR Pizza Choose 2: Baked Beans OR Orange & Apple Cup OR Baked Wedges OR Fruit – Choice *Rice Krispie Treat	23 Choose 1: Soft Taco w/ Beef & Cheese OR Stacked Ham on Wheat OR Cheeseburger OR Pizza Choose 2: Lettuce, Tomato, Salsa OR Applesauce Cup OR Baked Curly Fries OR Fruit – Choice *Fun Size Fritos	24 Choose 1: Variety Pizza OR BBQ Chicken on Bun OR Deli Wrap OR Cook's Choice Choose 2: Carrots w/Dip OR Cherries w/Topping OR Cole Slaw OR Oven Baked Fries *Chocolate Chip Cookie	25 Choose 1: Sloppy Jo OR Fish on Wheat OR Cheeseburger OR Pizza Choose 2: Coleslaw OR Diced Peaches OR Corn-on-the-Cob OR Onion Rings *Snack Size Doritos
28 Choose 1: Corndog OR Toasted Ham & Cheese OR Cheeseburger OR Pizza Choose 2: Oven Baked Fries OR Apple Wedges OR Lettuce, Tomato, Pickle, Onion OR Fruit – Choice *Brownie Square	29 Choose 1: Popcorn Chicken OR Rib-A-Cue OR Fish OR Pizza Choose 2: Mashed Potatoes w/Gravy OR Chilled Grapes OR Pickle Spear OR Fruit –Choice *Peanut Butter No Bake	30 Choose 1: Mega Noodle Soup w/Crackers OR Tomato Soup w/Toasted Cheese OR Cheeseburger OR Pizza Choose 2: Carrot & Celery Sticks OR Fruit – Choice OR Baked Wedges OR Lettuce & Tomato *Pasta Salad	1 Choose 1: Red Baron Pizza OR Tuna Salad on Wheat OR Beef & Cheese Burrito OR Cheeseburger Choose 2: Seasoned Corn OR Orange & Apple Cup OR Fruit – Choice OR Oven Baked Fries *Banana Cake w/Glaze	2 Choose 1: Chicken Patty on Wheat OR Mini Club OR Cook's Choice OR Pizza Choose 2: Baked Tater Tots OR Lettuce, Tomato, Pickle, Onion OR Steamed Vegetable OR Fruit Cup *Sweet Rice

Enter Other Information Here

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.

