

MAY | 2019



Manchester Jr. High 7-8 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	1 WG Chicken Tenders Mac & Cheese Broccoli Cup Cole Slaw Ranch Dressing Fruit-Choice ½ Pint Milk-Choice	2 WG Pizza Choice Tossed Salad Steamed Corn Ranch Dressing Fruit-Choice ½ Pint Milk-Choice	3 Turkey Sandwich RF Doritos Veggie Cup Lettuce & Tomato Fruit-Choice ½ Pint Milk-Choice
6 Hamburger on Bun Baked French Fries Fresh Veggies Fruit-Choice ½ Pint Milk-Choice	7 Hotdog on Bun Sauce Baked Beans Cherry Tomatoes Cole Slaw Fruit-Choice ½ Pint Milk-Choice	8 Rotini WG Breadstick Green Beans Baby Carrots Ranch Dressing Fruit-Choice ½ Pint Milk-Choice	9 WG Pizza Choice Tossed Salad Steamed Corn Ranch Dressing Frozen Fruit Cup ½ Pint Milk-Choice	10 Bosco Sticks w/Pizza Sauce Tossed Salad Veggie Cup Fruit-Choice ½ Pint Milk-Choice
13 WG Chicken Nuggets Pkg. Snack Broccoli Cup Baby Carrots Fruit-Choice Ranch Dressing ½ Pint Milk-Choice	14 Soft Taco Refried Beans Salsa Cherry Tomatoes Steamed Corn Fruit-Choice ½ Pint Milk-Choice	15 Pizza Crunchers w/Pizza Sauce Veggie Cup Cucumbers Ranch Dressing Fruit-Choice ½ Pint Milk-Choice	16 WG Pizza Choice Tossed Salad Baby Carrots Ranch Dressing Frozen Fruit Cup ½ Pint Milk-Choice	17 Mozzarella Sticks w/ Pizza Sauce Tossed Salad Baby Carrots Ranch Dressing Fruit-Choice ½ Pint Milk-Choice
20 Cheesy Garlic Bread Tossed Salad Baby Carrots Ranch Dressing Fruit-Choice ½ Pint Milk-Choice	21 Grilled Cheese Tater Tots Cucumbers Fresh Fruit ½ Pint Milk-Choice	22 Chicken Patty on Bun Baked Beans Broccoli Cup Ranch Dressing Fruit-Choice ½ Pint Milk-Choice	23 Last Day of School! WG Pizza Choice Veggie Cup Steamed Corn Frozen Fruit Cup Ranch Dressing ½ Pint Milk-Choice	24
27	28	29	30	31

Have A Great Summer!!!

Student Lunches

School lunches have undergone a healthy makeover under the Healthy Hunger Free Kids Act of 2010. Students are offered a serving of meat/meat alternate, grains, fruits, vegetables and fat free white or flavored milk. Students are required to take at least one serving of fruit or vegetable at lunch. Meals are controlled for calories, sodium, total fat, saturated fat and no trans-fats by three age categories of K-5, 6-8 and 9-12. Meal choices will differ between age groups.

✓ INDICATES ITEM IS LOW FAT
➤ Sauces, Dressings & Gravy are served on the side

Lunch Prices

- Adult Lunch - \$4.25

Menu is subject to change

Milk Choice-Fat Free
Chocolate, Fat Free
Strawberry, or 1%
Low Fat White

This institution is an equal opportunity provider.