



Manchester Public Schools Offers a Daily Healthy and Nutritional Breakfast!!

Our School Breakfast is comprised of 3 Groups

- 1. Grains (with alternate proteins)**
- 2. Fruits**
- 3. Milk**

Students may select the following

Grains

Bagels – Cereal – Muffins - Cinnamon Buns – Banana Bread - Zucchini Bread –
Breakfast Bars

Alternate Proteins

Yogurt Cup
String Cheese

Fruits

A variety of fresh, canned fruit and 100% Juice is offered daily

Milk

1% milk, a variety of fat free and fat free flavored and milk are offered daily

Every Friday we offer a Hot Entrée with each Breakfast Meal

The Cost is only
\$1.00 for grades K-8
\$1.25 – for grades 9-12
Reduced \$.30

Please check with your school for breakfast start times.