

Happy Holidays

December 2017 Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Choices include a variety of fresh, canned & 100% fruit juice	Milk is available with all lunches. Daily milk choices: 1%, Skim & Fat Free Flavored			Pizza Wedge Cheese, Pepperoni or Veggie Carrots Choice of Fruit
4 Corn Dog Nuggets Baked Beans Sweet Potato Fries Choice of Fruit	5 Cheese Calzone Roasted Cauliflower Choice of Fruit	6 Teriyaki Chicken Asian Rice Carrots Choice of Fruit	7 Chicken Parmesan Pasta Marinara Sauce Spinach Salad Broccoli Choice of Fruit	8 Buffalo Chicken or Pizza Round Cheese or Veggie Plantains Choice of Fruit
11 Tangerine Chicken Brown Rice Carrots Choice of Fruit	12 French Toast Sticks Hash Brown Patty Sausage Links Baby Carrots with Dip Vegetable Juice Choice of Fruit	13 Cheese Filled Breadsticks Marinara Sauce Pasta Garden Salad Broccoli Choice of Fruit	14 Beefburger, Cheeseburger, or Veggie Burger on Whole Wheat Roll Roasted Potatoes Corn Choice of Fruit	15 Pizza Wedge Cheese, Pepperoni or Veggie Chickpeas w/Cheese Sauce Choice of Fruit
18 Steak & Cheese Croissant Corn Seasoned Noodles Choice of Fruit	19 Jamaican Beef Patty Rice Jamaican Steamed Cabbage Choice of Fruit	20 Honey Sriracha Chicken Bites Macaroni & Cheese Mashed Sweet Potato Choice of Fruit	21 Cheese or Chicken Quesadilla Mexican Black Beans Choice of Fruit	22 Buffalo Chicken or Pizza Round Cheese or Veggie Spinach Salad Broccoli Choice of Fruit
25	26	27	28	29
Holiday Recess				

This Institution is an equal opportunity provider.

Menu subject to change

Please log onto www.ezschoolpay.com to monitor your child's account or call 860-647-3462

Student Lunch Price: \$2.65 - Reduced Lunch Price: \$.40

Adult Lunch Price: \$3.75

Student Breakfast: \$1.25 - Reduced Breakfast: \$.30

Milk Only: \$.40





Remember to fill out your
Free & Reduced Price Meal Application
Apply on line @ www.ezmealapp.com
If you need a paper copy please pick one up at
your child's school!!

Breakfast is offered daily at all schools throughout the district. Please visit: www.mpspride.org



January 2018 Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
1 No School 	2 Soft Bread Sticks Meat Sauce Spinach Salad Broccoli Choice of Fruit	3 Soft Shell Taco with toppings Rice Spicy Black Beans Choice of Fruit	4 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Peas Choice of Fruit	5 Pizza Wedge <i>Cheese, Pepperoni, or Veggie</i> Carrots Choice of Fruit
8 Chicken Nuggets Seasoned Noodles Glazed Sweet Potatoes Choice of Fruit	9 Pasta & Meat Sauce Whole Wheat Dinner Roll Caesar Salad Spinach Choice of Fruit	10 Breaded Chicken Tenders Mac & Cheese Peas Baby Carrots LF Dip Choice of Fruit	11 General Tso Chicken Rice Green Beans Choice of Fruit	12 Buffalo Chicken or Pizza Round <i>Cheese or Veggie</i> Black Beans w/Salsa Choice of Fruit
15 No School 	16 No School	17 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Peas Choice of Fruit	18 Nacho Supreme with toppings Rice Refried Beans Choice of Fruit	19 Pizza Wedge <i>Cheese, Pepperoni or Veggie</i> Carrots PC Carrots w/LF Dip Choice of Fruit
22 Corn Dog Nuggets Baked Beans Sweet Potato Fries Choice of Fruit	23 Exams Cafeteria Open 7:00 - 10:00	24 Exams Cafeteria Open 7:00 - 10:00	25 Exams Cafeteria Open 7:00 - 10:00	26 Exams Cafeteria Open 7:00 - 10:00
29 Tangerine Chicken Brown Rice Carrots Choice of Fruit	30 French Toast Sticks Hash Brown Patty Sausage Links Baby Carrots LF Dip Vegetable Juice Choice of Fruit	31 Cheese Filled Breadsticks Marinara Sauce Pasta Garden Salad Broccoli Choice of Fruit	Fruit Choices include a variety of fresh, canned & 100% fruit juice	Milk is available with all lunches. Daily milk choices: 1%. Skim & Fat Free Flavored

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