



# May 2017 Bennet & Illing Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> French Toast Sticks Potato Puffs Sausage Links Choice of Fruit	<b>2</b> Crazy Cheesy Bread Marinara Sauce Steamed Carrots Choice of Fruit	<b>3</b> Chicken Nuggets Seasoned Noodles Roasted Parmesan Green Beans Choice of Fruit	<b>4</b> Nacho Supreme Baked Tortilla Chips Taco Meat, Mexican, Black Beans, Lettuce, Tomato, Salsa & Sour Cream, Cheese Sauce Choice of Fruit	<b>5</b> Pizza Wedge Garden Salad Choice of Fruit
Alternates: Yogurt/Bagel Plate, Chef Salad, Hummus Plate, Toasted Cheese Sandwich, Deli Sandwiches				
<b>8</b> Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Steamed Carrots Choice of Fruit	<b>9</b> Soft Bread Sticks Meat Sauce Spinach Salad Choice of Fruit	<b>10</b> Cheese Quesadilla Refried Beans Choice of Fruit	<b>11</b> Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Steamed Green Beans Choice of Fruit	<b>12</b> Cheese Calzone Marinara Sauce Sautéed Yellow and Green Squash Choice of Fruit
Alternates: Yogurt/Bagel Plate, Chef Salad, Hummus Plate, Lasagna, Deli Sandwiches				
<b>15</b> Teriyaki Chicken Rice Green Beans Choice of Fruit	<b>16</b> French Toast Sticks Potato Puffs Sausage Links Choice of Fruit	<b>17</b> Pasta & Meatballs Dinner Roll Spinach Salad Choice of Fruit	<b>18</b> Chicken Nuggets Cheesy Rice & Broccoli Steamed Carrots Choice of Fruit	<b>19</b> Nacho Supreme Baked Tortilla Chips Taco Meat, Mexican Black Beans, Lettuce, Tomato, Salsa & Sour Cream, Cheese Sauce Choice of Fruit
Alternates: Yogurt/Bagel Plate, Chef Salad, Hummus Plate, Fish Sandwich, Deli Sandwiches				
<b>22</b> Corn Dog Nuggets Baked Beans Broccoli & Cheese Sauce Choice of Fruit	<b>23</b> Tangerine Chicken Rice Steamed Carrots Choice of Fruit	<b>24</b> Low Fat Mozzarella Sticks Marinara Sauce Whole Wheat Pasta Steamed Green Beans Choice of Fruit	<b>25</b> Maple Glazed Pancakes Potato Puffs Sausage Links Choice of Fruit	<b>26</b> Chicken Parmesan Whole Wheat Pasta Steamed Spinach Choice of Fruit
Alternates: Yogurt/Bagel Plate, Chef Salad, Hummus Plate, Steak & Cheese Sandwich, Deli Sandwiches				
<b>29</b> No School  <i>Memorial Day</i>	<b>30</b> Chicken Patty on Whole Wheat Roll Lettuce & Tomato Steamed Green Beans Choice of Fruit	<b>31</b> Hard or Soft Shell Taco Lettuce & Tomato Salsa & Sour Cream Shredded Cheese Refried Beans Choice of Fruit	Breakfast is offered daily at all schools throughout the district. Please visit <a href="http://publicschools.manchesterct.gov">http://publicschools.manchesterct.gov</a>	
Alternates: Yogurt/Bagel Plate, Chef Salad, Hummus Plate, Rib-B-Que on a Roll, Deli Sandwiches				

**Menu subject to change**

**Please log onto [www.ezschooldpay.com](http://www.ezschooldpay.com) to monitor your child's account or call 860-647-3462**

Student Lunch Price: \$2.40 – Reduced Lunch Price: \$.40

Adult Lunch Price: \$3.50

Student Breakfast: \$1.00 – Reduced Breakfast: \$.30

Milk Only: \$.40

Milk is available with all lunches

Daily Milk Choices include: 1%, Skim, & Fat Free flavored

Fruit choices include a variety of fresh, canned, and 100% fruit juice.

This Institution is an equal opportunity provider.

**Manchester's Message  
for a healthier you.**



# June 2017 Bennet & Illing Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Popcorn Chicken Mashed Potato with Gravy Whole Wheat Dinner Roll Choice of Fruit	2 Soft Bread Sticks Meat Sauce Caesar Salad Choice of Fruit
Alternates: Yogurt/Bagel Plate, Chef Salad, Hummus Plate, Rib-B-Que on a Roll, Deli Sandwiches				
5 Sriracha Chicken Bites Rice Steamed Broccoli Choice of Fruit	6 Beefburger Cheeseburger or Veggie Burger on a Whole Wheat Roll Lettuce & Tomato Corn Choice of Fruit	7 Pasta & Meatballs Dinner Roll Roasted Zucchini Choice of Fruit	8 Breaded Chicken Tenders Roasted Mini Golden Potatoes Steamed Carrots Choice of Fruit	9 Cheese Quesadilla Crispy Roasted Chickpeas Choice of Fruit
Alternates: Yogurt/Bagel Plate, Chef Salad, Hummus Plate, WG Mini Quesadilla, Deli Sandwiches				
12 French Toast Sticks Potato Puffs Sausage Links Choice of Fruit	13 Crazy Cheesy Bread Marinara Sauce Steamed Carrots Choice of Fruit	14 Chicken Nuggets Seasoned Noodles Roasted Parmesan Green Beans Choice of Fruit	15 Nacho Supreme Baked Tortilla Chips Taco Meat, Mexican Black Beans, Lettuce & Tomato, Salsa & Sour Cream Cheese Sauce Choice of Fruit	16 Pizza Wedge Cheese, Veggie or Chicken Bacon Ranch Garden Salad Choice of Fruit
Alternates: Yogurt/Bagel Plate, Chef Salad, Hummus Plate, Toasted Cheese Sandwich, Deli Sandwiches				
19 Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Steamed Carrots Choice of Fruit	20 Soft Bread Sticks Meat Sauce Spinach Salad Choice of Fruit	21 Pizza Garden Salad Choice of Fruit		Breakfast is offered daily at all schools throughout the district. Please visit <a href="http://www.mpspride.org">www.mpspride.org</a>
Alternates: Yogurt/Bagel Plate, Chef Salad, Hummus Plate, Lasagna, Deli Sandwiches				

Please join us at for the 2017 Federally Funded Summer Food Service Program.  
Breakfast and Lunch is provided for children 18 years or younger **Free of Charge!**



### Robertson & Washington Elementary School

June 26, 2017 – August 4, 2017  
(No meals served on July 4, 2017)

Breakfast: 7:45 am – 8:45 am, Lunch: 11:30 am – 12:30 pm

### Highland Park Elementary School

July 10, 2017 – July 28, 2017

Breakfast Only: 7:30 am – 8:30 am, Lunch: 11:30 am – 12:30 pm

### Manchester High School

July 10, 2017 – August 4, 2017

Breakfast: 7:30 am – 8:30 am, Lunch: 10:15 am – 12:00 pm



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Adult Lunch Price: \$3.50

Student Breakfast: \$1.00 – Reduced Breakfast: \$.30

Milk Only: \$.40

Milk is available with all lunches

Daily Milk Choices include: 1%, Skim, Flavored Milk

Fruit choices include a variety of fresh, canned, and 100% fruit juice.

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