





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 Snow Day	5 Snow Day
8 Popcorn Chicken Mashed Potato & gravy Whole Wheat Dinner Roll 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 Cheese Calzone Roasted Cauliflower Choice of Fruit	24 Teriyaki Chicken Asian Rice Carrots Choice of Fruit	25 Chicken Parmesan Pasta Marinara Sauce Spinach Salad Broccoli Choice of Fruit	26 Exams Cafeteria Open 7:00 - 10:00
29 Exams Cafeteria Open 7:00 - 10:00	30 Exams Cafeteria Open 7:00 - 10:00	31 Exams Cafeteria Open 7:00 - 10:00	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

This institution is an equal opportunity provider.

Menu subject to change

Please log onto www.ezschoolday.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

