




March 2018 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		Nacho Supreme with toppings Rice Refried Beans Choice of Fruit	Pizza Wedge <i>Cheese, Pepperoni or Veggie</i> Carrots PC Carrots with Low Fat Dip Choice of Fruit
5 Corn Dog Nuggets Baked Beans Sweet Potato Fries Choice of Fruit	6 Pasta & Meatsauce Dinner Roll Roasted Cauliflower Choice of Fruit	7 Breakfast Pizza Sweet Potato Puffs Steamed Carrots PC Carrots w/ Dip Vegetable Juice Choice of Fruit	8 Chicken Patty on a Whole Wheat Roll Spinach Salad Broccoli Choice of Fruit	9 Buffalo Chicken or Pizza Round <i>Cheese or Veggie</i> Plantains Choice of Fruit
12 Tangerine Chicken Brown Rice Carrots Choice of Fruit	13 French Toast Sticks Hash Brown Patty Sausage Links Baby Carrots with Low Fat Dip Vegetable Juice Choice of Fruit	14 Cheese Filled Breadsticks Marinara Sauce Pasta Spinach Salad Broccoli Choice of Fruit	15 Beefburger, Cheeseburger, or Veggie Burger on Whole Wheat Roll Roasted Potatoes Green Beans Choice of Fruit	16 Pizza Wedge <i>Cheese, Pepperoni or Veggie</i> Chickpeas w/Cheese Sauce Choice of Fruit
19 Honey Sriracha Chicken Bites Mashed Sweet Potatoes Seasoned Noodles Choice of Fruit	20 Jamaican Beef Patty Rice Jamaican Steamed Cabbage Choice of Fruit <i>Welcome Spring</i>	21 Egg & Cheese Sandwich Hash Brown Patty Vegetable Juice Corn Choice of Fruit	22 Cheese or Chicken Quesadilla Mexican Black Beans Choice of Fruit	23 Buffalo Chicken or Pizza Rounds Broccoli Spinach Salad Choice of Fruit
26 Teriyaki Chicken Brown Rice Green Beans Choice of Fruit	27 Soft Bread Sticks Meat Sauce Spinach Salad Broccoli Choice of Fruit	28 Soft Shell Taco with toppings Rice Spicy Black Beans Choice of Fruit	29 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Peas Choice of Fruit	30 

This Institution is an equal opportunity provider.

Menu subject to change

Please log onto www.ezschoollpay.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