

Produce of the Month



Potatoes

# February 2017 Elementary



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
|  |   | 1<br><i>Under the Sea</i><br>Fish Sticks<br>Macaroni & Cheese<br>Steamed Carrots<br>Choice of Fruit<br>   | 2<br>Nacho Supreme<br>Baked Tortilla Chips<br>Taco Meat, Mexican<br>Black Beans, Lettuce,<br>Tomato, Salsa & Sour<br>Cream, Cheese Sauce<br>Choice of Fruit | 3<br>French Bread Pizza<br>Garden Salad<br>Choice of Fruit   |
| Alternates: Turkey Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad                              |   |  |   |  |
| 6<br>Corn Dog Nuggets<br>Baked Vegetarian<br>Beans<br>Oven Roasted Fries<br>Choice of Fruit            | 7<br>Popcorn Chicken<br>Mashed Potato with<br>Gravy<br>Steamed Carrots<br>Choice of Fruit   | 8<br>Soft Bread Sticks<br>Meat Sauce<br>Spinach Salad<br>Choice of Fruit   | 9<br>Soft Shell Taco<br>Lettuce & Tomato, Salsa<br>& Sour Cream,<br>Shredded Cheese,<br>Refried Beans<br>Choice of Fruit                                    | 10<br>Tempura Chicken<br>Nuggets<br>Brown Rice<br>Steamed Green Beans<br>Choice of Fruit   |
| Alternates: Tuna Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad                                |   |  |   |  |
| 13<br>Maple Glazed Pancakes<br>Sausage Links<br>Potato Puffs<br>Choice of Fruit                        | 14<br>Chicken Patty on a<br>Whole Wheat Roll<br>Lettuce & Tomato<br>Green Beans<br>Choice of Fruit<br> | 15<br>Pasta & Meatballs<br>Spinach Salad<br>Choice of Fruit  | 16<br>Crispy Chicken Nuggets<br>Cheesy Rice & Broccoli<br>Steamed Carrots<br>Choice of Fruit  | 17<br>Nacho Supreme<br>Baked Tortilla Chips<br>Taco Meat, Mexican<br>Black Beans, Lettuce,<br>Tomato, Salsa & Sour<br>Cream, Cheese Sauce<br>Choice of Fruit |
| Alternates: Ham & Cheese Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad                        |   |  |   |  |
| 20<br>No School<br> | 21<br>No School   | 22<br>Low Fat Mozzarella<br>Sticks<br>Marinara Sauce<br>Whole Wheat Pasta<br>Steamed Broccoli<br>Choice of Fruit   | 23<br>Chicken Tenders<br>Brown Rice<br>Steamed Carrots<br>Choice of Fruit   | 24<br>Pizza Round<br>Cheese or Veggie<br>Crispy Roasted<br>Chickpeas<br>Choice of Fruit  |
| Alternates: Turkey Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad                              |   |  |   |  |
| 27<br>Toasted Cheese<br>Sandwich<br>Tomato Soup<br>Sweet Potato Fries<br>Choice of Fruit               | 28<br>Chicken Patty on<br>Whole Wheat Roll<br>Lettuce & Tomato<br>Steamed Green Beans<br>Choice of Fruit  | <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Breakfast is offered daily at all schools<br/>throughout the district. Please visit<br/><a href="http://publicschools.manchesterct.gov">http://publicschools.manchesterct.gov</a></p> </div> |   |  |
| Alternates: Tuna Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad                                |   |  |   |  |

*Menu subject to change*

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

Student Lunch Price: \$2.15 – 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 Milk

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



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

