



February 2017 Manchester High School

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Soft Shell Taco Rice Lettuce & Tomato Salsa & Sour Cream Shredded Cheese Refried Beans Choice of Fruit	2 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Green Peas Choice of Fruit	3 Soft Bread Sticks Meat Sauce Caesar Salad Shredded Cheese Steamed Spinach Choice of Fruit
6 Cheese Calzone Steamed Edamame Choice of Fruit	7 French Toast Sticks Potato Puffs Sausage Links Vegetable Juice Corn Choice of Fruit	8 General Tso's Chicken Steamed Brown Rice Green Beans Choice of Fruit	9 Pasta & Meat Sauce Whole Wheat Dinner Roll Garden Salad Steamed Spinach Choice of Fruit	10 Buffalo Chicken Pizza Crispy Carrots & Low Fat Dip Steamed Carrots Choice of Fruit
13 Chicken Nuggets Seasoned Noodles Glazed Sweet Potatoes Choice of Fruit	14 Low Fat Mozzarella Sticks Marinara Sauce Whole Wheat Pasta Steamed Broccoli Choice of Fruit 	15 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Corn Choice of Fruit	16 Nacho Supreme Baked Tortilla Chips Taco Meat Rice Mexican Black Beans Lettuce, Tomato, Salsa & Sour Cream Cheese Sauce Choice of Fruit	17 Pizza Wedge Oven Roasted Cauliflower Choice of Fruit
20 No School 	21 No School	22 Cheese or Chicken Quesadilla Refried Beans Choice of Fruit	23 Chicken Parmesan Whole Wheat Pasta with Marinara Sauce Green Beans Choice of Fruit	24 Tangerine Chicken Steamed Brown Rice Corn Choice of Fruit
27 Cheese Filled Breadsticks Marinara Sauce Whole Wheat Pasta Steamed Carrots Choice of Fruit	28 Beefburger, Cheeseburger, or Veggie Burger on Whole Wheat Roll Green Peas Roasted Potatoes Choice of Fruit	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p style="color: #ff69b4; margin: 0;">Breakfast is offered daily at all schools throughout the district. Please visit http://publicschools.manchesterct.gov</p> </div>		

Menu subject to change

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

Student Lunch Price: \$2.55 – Reduced Lunch Price: \$.40

Adult Lunch Price: \$3.50

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

Milk Only: \$.40

Milk is available with all lunches

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

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

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

