




# October 2017 Manchester High School



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Patty on a Whole Wheat Roll Green Beans Choice of Fruit	3 Soft Bread Sticks Meat Sauce Spinach Salad Broccoli Choice of Fruit	4 Teriyaki Chicken Brown Rice Carrots Choice of Fruit	5 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Green Peas Choice of Fruit	6 Pizza Wedge <i>Cheese, Pepperoni, or Veggie</i> Chickpeas w/Cheese Sauce Choice of Fruit
9 No School  Columbus Day	10 Pasta & Meat Sauce Whole Wheat Dinner Roll Caesar Salad Yellow & Green Squash Choice of Fruit	11 Breaded Chicken Tenders Roasted Potatoes Corn Choice of Fruit	12 General Tso's Chicken Steamed Brown Rice Green Beans Choice of Fruit	13 Buffalo Chicken or Pizza Round <i>Cheese or Veggie</i> Black Beans w/Salsa Choice of Fruit
16 French Toast Sticks Potato Puffs Sausage Links Corn Vegetable Juice Choice of Fruit	17 Low Fat Mozzarella Sticks Marinara Sauce Whole Wheat Pasta Steamed Broccoli Choice of Fruit	18 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Peas Choice of Fruit	19 Nacho Supreme with toppings Refried Beans Choice of Fruit	20 Pizza Wedge <i>Cheese, Pepperoni or Veggie</i> Carrots Choice of Fruit
23 Corn Dog Nuggets Tomato Soup Carrots Sweet Potato Fries Choice of Fruit	24 Cheese Calzone Cauliflower Choice of Fruit	25 Soft Shell Taco with toppings Rice Spicy Black Beans Choice of Fruit	26 Chicken Parmesan Whole Wheat Pasta with Marinara Sauce Spinach Salad Broccoli Choice of Fruit	27 Taco Pizza Plantains Choice of Fruit
30 Tangerine Chicken Steamed Brown Rice Carrots Choice of Fruit	31 French Toast Sticks Potato Puffs Sausage Links Corn Vegetable Juice Choice of Fruit		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.ezschoollpay.com](http://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](http://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](http://www.mpspride.org)