

# January 2017 Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Green Beans Choice of Fruit	4 Pasta & Meatballs Spinach Salad Choice of Fruit	5 Crispy Chicken Nuggets Cheesy Rice & Broccoli Steamed Carrots Choice of Fruit	6 Nacho Supreme Baked Tortilla Chips Taco Meat, Mexican Black Beans, Lettuce, Tomato, Salsa & Sour Cream, Cheese Sauce Choice of Fruit
Alternates: Ham & Cheese Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad				
9 French Toast Sticks Potato Puffs Sausage Links Choice of Fruit	10 Cheese Quesadilla Salsa & Sour Cream Steamed Green Beans Choice of Fruit	11 Low Fat Mozzarella Sticks, Marinara Sauce, Whole Wheat Pasta Steamed Broccoli Choice of Fruit	12 Chicken Tenders Brown Rice Steamed Carrots Choice of Fruit	13 Pizza Round Cheese or Veggie Crispy Roasted Chickpeas Choice of Fruit
Alternates: Turkey Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad				
16 No School  <i>I Have A Dream</i>  Martin Luther King, Jr. Day	17 No School	18 Soft Shell Taco Lettuce & Tomato Salsa & Sour Cream Shredded Cheese, Refried Beans Choice of Fruit	19 Popcorn Chicken Mashed Potato with Gravy Choice of Fruit	20 Soft Bread Sticks Meat Sauce Caesar Salad Choice of Fruit
Alternates: Tuna Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad				
23 Crispy Chicken Nuggets Seasoned Noodles Steamed Carrots Choice of Fruit	24 Beefburger, Cheeseburger or Veggie Burger, on a Whole Wheat Roll Lettuce & Tomato, Corn Choice of Fruit	25 Pasta & Meatballs Roasted Zucchini Choice of Fruit	26 Breaded Chicken Tenders Roasted Roasted Mini Golden Potatoes Steamed Broccoli Choice of Fruit	27 Pizza Round Cheese or Veggie Crispy Roasted Chickpeas Choice of Fruit
Alternates: Ham & Cheese Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad				
30 Chocolate Chip Waffle Potato Puffs Sausage Links Choice of Fruit	31 Crazy Cheesy Bread Marinara Sauce Roasted Parmesan Green Beans Choice of Fruit	Milk is available with all lunches Daily Milk Choices include: 1%, Skim, Flavored	Fruit choices include a variety of fresh, canned, and 100% fruit juice.	Produce of the Month  Mushrooms
Alternates: Turkey Sandwich, Yogurt/Bagel Plate, Hummus Plate, Chef Salad				

*Menu subject to change*

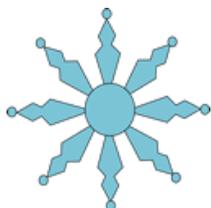
Please log onto [www.ezschoolpay.com](http://www.ezschoolpay.com) to monitor your child's account or call 860-647-3462

Student Lunch Price: \$2.15 – Reduced Lunch Price: \$.40

Adult Lunch Price: \$3.50

Student Breakfast: \$1.00 – Reduced Breakfast: \$.30

Milk Only: \$.40



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



Produce of the Month



Potatoes

# February 2017 Elementary



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

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