



May 2017 MHS Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sriracha Chicken Bites Rice Corn Choice of Fruit	2 Low Fat Mozzarella Sticks Marinara Sauce Whole Wheat Pasta Steamed Broccoli Choice of Fruit	3 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Roasted Butternut Squash Choice of Fruit	4 Nacho Supreme Baked Tortilla Chips Taco Meat, Rice, Mexican Black Beans, Lettuce, Tomato, Salsa & Sour Cream Cheese Sauce Choice of Fruit	5 Pizza Wedge Oven Roasted Cauliflower Choice of Fruit
8 Corn Dog Nuggets Tomato Soup Crispy Baby Carrots Glazed Carrots Sweet Potato Fries Choice of Fruit	9 Soft Bread Sticks Meat Sauce Caesar Salad Shredded Cheese Steamed Spinach Choice of Fruit	10 Cheese or Chicken Quesadilla Refried Beans Choice of Fruit	11 Chicken Parmesan Whole Wheat Pasta with Marinara Sauce Peas Choice of Fruit	12 Tangerine Chicken Steamed Brown Rice Green Beans Choice of Fruit
15 Cheese Filled Breadsticks Marinara Sauce Whole Wheat Pasta Steamed Carrots Choice of Fruit	16 Beefburger, Cheeseburger, or Veggie Burger on Whole Wheat Roll Corn Roasted Potatoes Choice of Fruit	17 Chicken Wrap Choice of BBQ, Spicy or Plain Lettuce & Tomato Black & Red Beans with Cheese Sauce Choice of Fruit	18 Pasta & Meatballs Whole Wheat Dinner Roll Garden Salad Steamed Spinach Choice of Fruit	19 Buffalo Chicken Pizza Steamed Carrots Celery & Cucumber Sticks Choice of Fruit
22 Pizza Wedge Crispy Carrots & Low Fat Dip Glazed Carrots Choice of Fruit	23 Teriyaki Chicken Brown Rice Cauliflower with Cheese Sauce Choice of Fruit	24 Soft Shell Taco Rice, Lettuce & Tomato Salsa & Sour Cream Shredded Cheese Refried Beans Choice of Fruit	25 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Green Peas Choice of Fruit	26 Soft Bread Sticks Meat Sauce Caesar Salad Shredded Cheese Steamed Spinach Choice of Fruit
29 No School  <i>Memorial Day</i>	30 French Toast Sticks Potato Puffs Sausage Links Vegetable Juice Corn Choice of Fruit	31 General Tso's Chicken Steamed Brown Rice Green Beans Choice of Fruit		

Menu subject to change

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

Student Lunch Price: \$2.55 – 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.**



Breakfast is offered daily at all schools throughout the district.

Please visit <http://publicschools.manchesterct.gov>

This Institution is an equal opportunity provider.



June 2017 Manchester High School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pasta & Meat Sauce Whole Wheat Dinner Roll Garden Salad Steamed Spinach Choice of Fruit	2 Buffalo Chicken Pizza Crispy Carrots & Low Fat Dip Steamed Carrots Choice of Fruit
5 Chicken Nuggets Seasoned Noodles Glazed Sweet Potatoes Choice of Fruit	6 Low Fat Mozzarella Sticks Marinara Sauce Whole Wheat Pasta Steamed Broccoli Choice of Fruit	7 Popcorn Chicken Mashed Potato & Gravy Whole Wheat Dinner Roll Corn Choice of Fruit	8 Nacho Supreme Baked Tortilla Chips, Taco Meat Rice, Mexican Black Beans, Lettuce, Tomato, Salsa & Sour Cream, Cheese Sauce Choice of Fruit	9 Pizza Wedge Oven Roasted Cauliflower Choice of Fruit
12 Corn Dog Nuggets Tomato Soup Crispy Baby Carrots Glazed Carrots Sweet Potato Fries Choice of Fruit	13 Soft Bread Sticks Meat Sauce Caesar Salad Shredded Cheese Steamed Spinach Choice of Fruit	14 Cheese or Chicken Quesadilla Refried Beans Choice of Fruit	15 Exams Café Open 7:00am – 10:00am	16 Exams Café Open 7:00am – 10:00am
19 Exams Café Open 7:00am – 10:00am	20 Exams Café Open 7:00am – 10:00am	21 Exams Make-Up Day Café Open 7:00am – 10:00am		Breakfast is offered daily at all schools throughout the district. Please visit www.mpspride.org

Menu subject to change

Please log onto www.ezschooldpay.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, & Flavored Milk

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

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Please join us at for the 2017 Federally Funded Summer Food Service Program.
Breakfast and Lunch is provided for children 18 years or younger **Free of Charge!**

Robertson & Washington Elementary School
June 26, 2017 – August 4, 2017
(No meals served on July 4, 2017)
Breakfast: 7:45 am – 8:45 am, Lunch: 11:30 am – 12:30 pm

Highland Park Elementary School
July 10, 2017 – July 28, 2017
Breakfast Only: 7:30 am – 8:30 am, Lunch: 11:30 am – 12:30 pm

Manchester High School
July 10, 2017 – August 4, 2017
Breakfast: 7:30 am – 8:30 am, Lunch: 10:15 am – 12:00 pm

