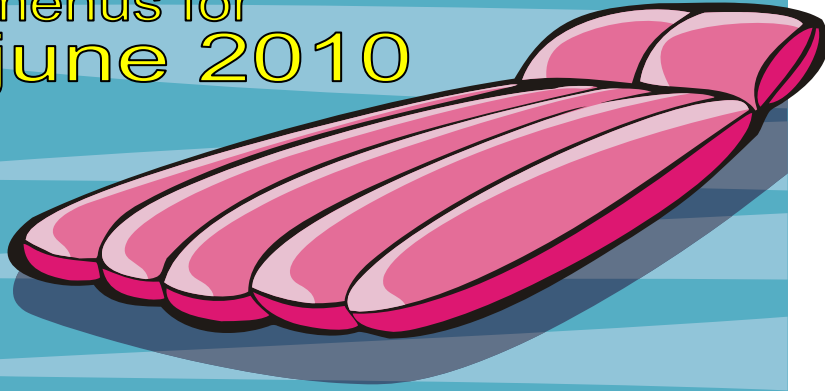


menus for june 2010



Manchester School

This institution is an equal opportunity provider and employer.

Tuesday, June 1

Teriyaki Chicken
dippers
Served w/
Rice
or
Salad Bar
Green beans
Chilled fruit
Milk choices

Wed., June 2

Ham & Cheese
Wrap
w/ lettuce
Served w/
Baked chips
Or
Pretzel Lunch
Soft pretzel
served w/ string
cheese & yogurt
Crunchy Carrots
Apple
Milk Choice

IN THE SWIM.

Have fun around the water this summer, but please BE SAFE. Every year, about 4,000 Americans drown, many of them kids. Kids under 14 are more likely to drown in a swimming pool, while teens 15 and older are more likely to drown while swimming in a river, lake, or ocean. Know your ability and your limitations. And don't swim alone.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Thursday, June 3

Pasta
Served w/ meat
sauce
& a dinner roll
or
Pretzel Lunch
soft Pretzel served
w/ string cheese
& yogurt
Tossed Salad
w/ low fat dressing
Peaches
Milk Choice

Friday, June 4

Big Daddy's
Pizza
or
Salad Bar
Cook's Choice
Veggie
Fresh Fruit
Milk Choice

Monday, June 7

Breakfast
For Lunch!!!

Waffles
served w/ sliced
ham
Or
Bagel Lunch
Bagel & cream cheese
String cheese & Yogurt
Potato Puffs
Applesauce
Animal Crackers
Milk Choice

Tuesday, June 8

Hot Dog
on a bun
Baked Beans
or
Salad Bar
Pasta Salad
Chilled Fruit
Milk Choices

Wed., June 9

Sliced Turkey
& Cheese
sandwich
on whole grain
roll
Goldfish Crackers
Veggies & Dip
Fresh Fruit
Milk Choice

Thursday, June

Chicken Grill
Served on a roll
w/ lettuce &
tomato (on the
side)
or
Bagel Lunch!
Bagel
Served w/ cream
cheese
String Cheese &
Yogurt
Cucumber Slices

Friday, June 11

School Choice
Pizza
or
Salad Bar

Cook's Choice
Veggie
Chilled Fruit
Milk Choice

Monday, June 14

Cheeseburger
on a bun
Or
Bagel Lunch!
bagel & cream cheese
string cheese & yogurt
Baked French
Fries
Cook's Choice
Veggie
Fresh Apple
Milk Choice

Tuesday, June 15

Ravioli
served w/
Garlic Bread
or
Salad Bar
Green Beans
Fruit Choice
Milk Choice

Wed., June 16

Cheese filled
Bosco Stick
Served w/
Pizza Sauce for dipping
Fruit & Veggie Bar
Bug Bite Crackers
Milk Choice

Thursday, June

Half Day -
No Lunch Served

Enjoy your Summer!

Start Your Day
Right
Join us for
School Breakfast!!

Mon: pancakes &
syrup
Tues: Breakfast sand-
wich
on an English muffin
Wed: French Toast
Thurs: Breakfast Pizza
Friday: Cereal & Muf-

ATTENTION PARENTS!

Please check your child's School Nutri-
tion
Account Balance & pay all negative bal-
ances
before the end of the school year. ALL
balances
both positive and negative will carry over
to next
school year.—even if your child is going
to be