

# JANUARY 2022

## Manchester School Lunch Menu

**All Meals Served Meet Child Nutrition Standards**

**This Institution Is An Equal Opportunity Provider**

3 HAM & CHEESE SANDWICH 2oz WW Bread 2 oz. Veggie sticks 3/4c Sun Chips 1oz Apple slices 3/4c 1% or nonfat milk 1C	4 CHICKEN TENDERS 3z French Fries 3/4c Coleslaw 1c Banana 3/4 c 1% or nonfat milk 1C	5 BEAN & CHEESE BURRITO 4oz Spanish rice 3oz Garden salad 1c Ranch dressing 2oz Orange wedge 3/4 c 1% or nonfat milk 1C	6 SALAMI SANDWICH 2oz WW bread 2oz Veggie sticks 3/4 c Kettle Chips 1oz Fruit Cups 3/4c 1% or nonfat milk 1C	7 PBJ SANDWICH 2oz WW Bread 2oz Yogurt cup 4oz Veggie sticks 3/4c Chex mix 1oz Apple 3/4c 1% or nonfat milk 1C
10 CHICKEN SANDWICH 3oz let&tom 1/8c WW Bun 2oz Tator tots 3oz Veggie sticks 3/4c Melon wedge 3/4c 1% or nonfat milk 1C	11 SPAGHETTI & MEATBALL 3oz Garden salad 1c Wheat roll 2oz Melon wedge 3/4c 1% or nonfat milk 1C	12 BEEF TAQUITOS 3oz Refried beans 3/4c Jicama sticks 3/4c Orange slices 1c 1% or nonfat milk 1C	13 CHICKEN NUGGETS 3oz Oven fries 1/2c Caesar salad 1c Banana 3/4c 1% or nonfat milk 1C	14 HAM & CHEESE SANDWICH 2oz WW Bread 2oz Let&tom 1/8c Mixed veggies 1c Chips 1oz Orange wedge 3/4c 1% or nonfat milk 1C
17 Holiday No School  MARTIN LUTHER KING DAY	18 CHICKEN BURGER 3oz On ww bun 2oz Oven fries 1/2c Garden salad 1c Banana 3/4c 1% or nonfat milk 1C	19 BEAN & CHEESE NACHOS 3oz Spanish rice 3oz Cucumber coins 3/4c Melon wedge 3/4c 1% or nonfat milk 1C	20 TURKEY SANDWICH 2oz WW Bread 2oz Let&tom 1/8c Sun Chips 1oz Carrot Sticks 3/4 c Fresh apple 3/4c 1% or nonfat milk 1C	21 TUNA SANDWICH 3oz WW bread 2oz Carrot sticks 3/4c Sun Chip 1oz Fruit 1/2c 1% or nonfat milk 1C
24 CORN DOG 3oz Baked beans 3/4c Fruit cup 3/4c Carrot Sticks 3/4c 1% or nonfat milk 1C	25 HAMBURGER 2oz WW bun 2oz Dorito Chips 1oz Confetti salad 1c Orange slices 3/4c 1% or nonfat milk 1C	26 CHICKEN & CHEESE QUESADILLA 3oz Ranch Dressing 2oz Buttered Corn 3/4c Banana 3/4 c 1% or nonfat milk 1C	27 SLOPPY JOE Sandwich 3oz WW bread 2oz Chips 1oz Jicama Sticks 3/4 c Fruit Cup 1c 1% or nonfat milk 1C	28 PBJ SAND 2oz WW bread 2oz Dried Fruit Mix 3oz Chips 1oz Carrots sticks 3/4c Orange slices 1c 1% or nonfat milk 1C
31 HOT DOG 3oz Chips 1oz Celery sticks 3/4c Fruit Cup 1c 1% or nonfat milk 1C		Daily USDA Child Guidelines Reimbursable Includes:	1C Milk (1% or non-fat), 1/2 C Fruit, 3/4 C Veggie,	1oz Meat min(9-10 oz Meat weekly), 1oz Grain min (8-9 oz grain weekly)

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