



## DECEMBER 2022 MANCHESTER SCHOOL BREAKFAST MENU

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<p>Daily USDA Child Nutrition Guidelines Reimbursable Meal will include: 1c milk, 1% or nonfat 1 c fruit, 1 oz. grain-minimum (8-10 oz. grain/week)</p>	<p><i>This institution is an equal opportunity provider.</i></p>		<p>1 BANANA MUFFIN 2 oz Fresh Fruit 1 c 1% or nonfat milk, 1c</p>	<p>2 Yogurt 4 oz Cheerios Cereal 1c Fresh Fruit 1c 1% or nonfat milk, 1c</p>
<p>5 BAGEL &amp; CREAM CHEESE 3 oz Fresh Fruit 1 c 1% or nonfat milk, 1c</p>	<p>6 BLUEBERRY MUFFIN 2 oz Yogurt Cup 4 oz Fruit 1 c 1% or nonfat milk, 1c</p>	<p>7 GRANOLA BAR 2 oz Cold Cereal 1c Fruit 1c 1% or nonfat milk, 1c</p>	<p>8 CHEESE STICK 1oz Graham Cracker 2oz Peanut Butter 1oz Fresh Fruit 1c 1% or nonfat milk, 1c</p>	<p>9 CINNAMON BUN 2 oz Fresh Fruit Cup 1c 1% or nonfat milk, 1c</p>
<p>12 MULTIGRAIN TOAST 2oz Peanut Butter &amp; Jelly 2oz Fresh Fruit 1c 1% or nonfat milk, 1c</p>	<p>13 CHEERIOS 1c &amp; Blueberry Muffin 2oz Banana 1c 1% or nonfat milk, 1c</p>	<p>14 BAGEL 2oz &amp; CREAM CHEESE 1oz Fruit Cup 1c 1% or nonfat milk, 1c</p>	<p>15 ENGLISH MUFFIN 2oz Yogurt 1c Apple 1c 1% or nonfat milk, 1c</p>	<p>16 BLUEBERRY MUFFIN 2oz Fresh Fruit 1c Cranberries 2oz 1% or nonfat milk, 1c</p>
<p>19  HAPPY HOLIDAYS</p>	<p>20  HAPPY HOLIDAYS</p>	<p>21  HAPPY HOLIDAYS</p>	<p>22  HAPPY HOLIDAYS</p>	<p>23  HAPPY HOLIDAYS</p>
<p>26</p>	<p>27</p>	<p>28</p>		<p>30</p>
<p><b>WINTER BREAK!! ~~~~ HAPPY HOLIDAYS!!</b></p>				



# DECEMBER 2022 MANCHESTER SCHOOL LUNCH MENU

ALL MEALS MEET USDA CHILD NUTRITION STANDARDS

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<p>Daily USDA Child Nutrition Guidelines Reimbursable Meal will include: 1c milk, 1% or nonfat ½ c fruit, ¾ c vegetables 1 oz. Meat-minimum (9-10 oz. meat/week) 1 oz. grain-minimum (8-9 oz. grain/week)</p>	<p><i>This institution is an equal opportunity provider.</i></p>			<p style="text-align: center;">1 PIZZA HOT POCKET 3 oz Celery Sticks 1c Dorito Chips 1 oz Fresh Fruit 1c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">2 PBJ Sandwich 2 oz ww Bread 2 oz Veggie Sticks 1c Sun Chips 1 oz Apple Slices 1c 1% or nonfat milk, 1c</p>
<p style="text-align: center;">5 CHICKEN BURGER 2oz on ww Bun 2 oz Chips 1 oz Carrot Sticks 1c Melon Wedge 1c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">6 BURRITO 3 oz Spanish Rice ¾ c Jicama sticks 1c Apple Slices 1c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">7 HOT DOG 2 oz ww Bun 2 oz Tator Tots ¾ c Celery Sticks 1c Orange Slices 1c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">8 SWEET &amp; SOUR CHICKEN 3 oz Steamed Rice ¾ c Veggies 1c Sliced Peaches 1c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">9 HAM SANDWICH 2oz Lettuce Tomato 1/8 c ww Bread 2 oz Veggie Sticks 1c Hummus Dip 1oz Sun Chips 1oz Orange Smiles 1c 1% or nonfat milk, 1c</p>	
<p style="text-align: center;">12 HAMBURGER 2 oz ww Bread 2 oz French Fries ¾ c Celery Sticks 1c Apple Slices 1c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">13 CHICKEN TAQUITOS 2 oz Refried Beans ¾ c Jicama Sticks 1c Orange Wedges 1c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">14 CHICKEN NUGGETS 3 oz Tator Tots ¾ c Carrots Sticks 1c Sliced Melon 1c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">15 FISH STICKS 2 oz French Fries ¾ c Cole Slaw 1c ww Rolls 2 oz Apple Slices 1c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">16 TUNA or PBJ 2 oz ww Bread 2 oz Chips 1 oz Carrots Sticks 1c Banana 1c 1% or nonfat milk, 1c</p>	
<p>19 NO SCHOOL</p>	<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p><i>HAPPY HOLIDAYS!!~~~ SEE YOU IN 2023!!~~~</i></p> </div>			<p>22</p>	<p>23 NO SCHOOL</p>
<p>26 NO SCHOOL</p>	<p>27 NO SCHOOL</p>	<p>28 NO SCHOOL</p>	<p>29 NO SCHOOL</p>	<p>30 </p>	