

APRIL 2023 MANCHESTER SCHOOL BREAKFAST MENU K-8

****All meals served meet USDA Child Nutrition Standards****

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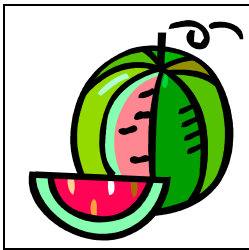
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<p>Daily USDA Child Nutrition Guidelines Reimbursable Meal will include: 1c milk, 1% or nonfat 1 c fruit, 1 oz. grain-minimum (8-10 oz. grain/week)</p>	<p><i>This institution is an equal opportunity provider.</i></p>			
<p style="text-align: center;">3 BANANA MUFFIN 2 oz Apple Sauce 3 oz Fresh Fruit Cup 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">4 CEREAL BOWL 1 oz Raisins 1 oz Yogurt 2 oz Apple Slices 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">5 MUFFIN Banana 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">6 GRANOLA BAR 2 oz Yogurt 4 oz Orange 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">7 BAGEL 2 oz CREAM CHEESE 1 oz Fruit Cup 1 c Dried Cranberries 1oz 1% or nonfat milk, 1c</p>
<p style="text-align: center;">10 NO SCHOOL SPRING BREAK</p>	<p style="text-align: center;">11 NO SCHOOL SPRING BREAK</p>	<p style="text-align: center;">12 NO SCHOOL SPRING BREAK</p>	<p style="text-align: center;">13 NO SCHOOL SPRING BREAK</p>	<p style="text-align: center;">14 NO SCHOOL SPRING BREAK</p>
<p style="text-align: center;">17 CEREAL BOWL 4 OZ Banana 1 c Cheese Stick 2 oz 1% or nonfat milk, 1c</p>	<p style="text-align: center;">18 BAGEL 2 oz CREAM CHEESE 1 oz Fresh Fruit 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">19 CEREAL BOWL 2 oz Raisins 2 oz Melon Slices 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">20 GRAHAM CRACKER 2oz Peanut Butter 2 oz Fresh Fruit 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">21 GRANOLA BAR 2 oz Yogurt 4 oz Orange Slices 1 c 1% or nonfat milk, 1c</p>
<p style="text-align: center;">24 NUTRI GRAIN BAR 1.3 oz Yogurt 6 oz Apple 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">25 BAGEL 2 oz Peanut Butter & Jelly 1 oz Fruit Cup 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">26 Ww CHERRIOS CEREAL 2 oz Cheese Stick 1 oz Orange Slices 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">27 BLUEBERRY MUFFIN 2 OZ Yogurt 6 oz Fresh Fruit 1 c 1% or nonfat milk, 1c</p>	<p style="text-align: center;">28 WW ENGLISH MUFFIN 2 oz Peanut Butter 1 oz Fruit Cup 1 c 1% or nonfat milk, 1c</p>



APRIL 2023 MANCHESTER SCHOOL LUNCH MENU

****All meals served meet USDA Child Nutrition Standards****

	M	T	W	TH	F
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)	<i>This institution is an equal opportunity provider.</i>				
	3 HOT DOG 3 oz ww Bun 2 oz Tator Tots 3 oz Carrot Sticks 1 c Apple Wedge 1 c 1% or nonfat milk, 1c	4 HAMBURGER ww Bun 2oz Oven Fries ½ c Cole Slaw 1 c Mixed Fruit 1 c 1% or nonfat milk, 1c	5 TERYAKI CHICKEN 3 oz Fried Rice 1 oz Celery Sticks 1 c Apple 1 c 1% or nonfat milk, 1c	6 CHICKEN & CHEESE TAQUITO 3 oz Fiesta Rice ½ c Jicama Sticks 1 c Ranch Dressing 2 oz Fruit Cup 1 c 1% or nonfat milk, 1c	7 PBJ SANDWICH 2 oz ww Bread 2 oz Tortilla Chips 1 oz Carrot Sticks 1 c Apple 1 c 1% or nonfat milk, 1c
	10 NO SCHOOL SPRING BREAK	11 NO SCHOOL SPRING BREAK	12 NO SCHOOL SPRING BREAK	13 NO SCHOOL SPRING BREAK	14 NO SCHOOL SPRING BREAK
	17 CORN DOG 3 oz Frito Corn Chips 1 oz Garden Salad 1 c Ranch Dressing 1 oz Orange Slices 1 c 1% or nonfat milk, 1c	18 TURKEY SANDWICH 2 oz Let & Tomato 1/8 c Carrot Sticks 1 c Kettle Chips 1 oz Cantaloupe 1 c 1% or nonfat milk, 1c	19 CHICKEN NUGGETS 3 oz French Fries 2 oz Garden Salad 1 c Orange Slices 1 c 1% or nonfat milk, 1c	20 SALAMI & CHEESE SANDWICH ww Bread 2 oz Pic., Let & Tom 1/8 c Sliced Veggies 1 c Apple Wedge 1 c 1% or nonfat milk, 1c	21 CHEESE PIZZA 4 oz Veggie Sticks 1 c Cherry Tomatoes ¼ c Banana 1 c Annie Cookies 1 oz 1% or nonfat milk, 1c
	24 CHICKEN PATTIE 2 oz ww Bun 2 oz Let & Tom 1/8 c Sun Chips 1 oz Veggie Sticks 1 c Orange 1 c 1% or nonfat milk, 1c	25 HAM & CHEESE SANDWICH ww Bread 2 oz Veggie Mix 1 c Apple 1 c 1% or nonfat milk, 1c	26 NACHOS 2 oz Chili Beans ½ c Carrot Sticks 1 c Banana 1 c 1% or nonfat milk, 1c	27 SPAGHETTI/MEAT SAUCE 4 oz ww Roll 2 oz Caesar Salad 1 c Fresh Fruit Cup 1 c 1% or nonfat milk, 1c	28 PBJ SANDWICH 2 oz Cucumber & Cherry Tomatoes ¼ c Sun Chips 1 oz Sliced Peaches ¾ c 1% or nonfat milk, 1c