



MAY 2023 MANCHESTER BREAKFAST MENU

THIS INSTITUTION IS AN EQUAL OPORTUNITY POVIDER

M	T	W	TH	F
1	2	3	4	5
MUFFIN 2oz YOGERT 4 oz FRESH FRUIT 1c 1% or nonfat milk, 1c	CEREAL 1oz FRESH FRUIT 1c CHEESE STICK 2oz RAISINS 2oz 1% or nonfat milk, 1c	BAGEL 2oz CREAM CHEESE 1oz FRESH FRUIT 1c 1% or nonfat milk, 1c	FRUIT CUP 1c GRANOLA BAR YOGERT 2oz 1% or nonfat milk, 1c	CEREAL BOWL 1oz FRESH FRUIT 1c MUFFIN 1% or nonfat milk, 1c
8	9	10	11	12
BAGEL 2oz CREAM CHEESE 1oz FRUIT CUP 1cp 1% or nonfat milk, 1c	YOGURT 4oz TOASTED ENGLISH MUFFIN 2oz FRUIT 1c 1% or nonfat milk, 1c	CEREAL BOWL 1oz CHEESE Stick 2 oz ORANGE SLICES 1c 1% or nonfat milk, 1c	BREAKFAST BAR 2oz GO GERT 2oz Fruit Cup 1c 1% or nonfat milk, 1c	CINNAMON ROLL FRUIT 1c 1% or nonfat milk, 1c
15	16	17	18	19
CEREAL 1oz YOGURT 2oz POP TART 2oz FRUIT 1c 1% or nonfat milk, 1c	Peanut Butter 2oz & Graham Crackers 2oz FRESH FRUIT 1c 1% or nonfat milk, 1c	Cereal Bowl 1.5oz CHEESE STICK 1oz ORANGE 1c 1% or nonfat milk, 1c	BLUEBERRY MUFFIN 2oz YOGURT 6oz FRESH APPLE 1c 1% or nonfat milk, 1c	BAGEL 2oz CREAM CHEESE 1oz FRUIT CUP 1c 1% or nonfat milk, 1c
22	23	24	25	26
NUTRI GRAIN BAR 1.3oz YOGURT 6oz APPLE 1cp CEREAL 1oz 1% or nonfat milk, 1c	BANNANA 'MUFFIN 2oz FRESH FRUIT 1c 1% or nonfat milk, 1c	CEREAL BOWL 1oz CHEESE Stick 2oz 1% or nonfat milk, 1c	BLUEBERRY MUFFIN 2oz YOGURT 6oz FRESH FRIUT 1c 1% or nonfat milk, 1c	ENG MUFFIN 2oz & FRUIT CUP 1c 1% or nonfat milk, 1c
29	30	31		
NO SCHOOL MEMORIAL DAY	BRAN MUFFIN 2oz APPLE SAUCE 3oz YOGURT 6oz Fresh Fruit 1cp 1% or nonfat milk, 1c	CEREAL BOWL 1oz GRANOLA BAR 2oz FRESH FRUIT 1c 1% or nonfat milk, 1c		Child Nutrition Guidelines Reimbursable Meal will include: 1c Milk, 1% or nonfat, 1 C fruit 1 C Vegetables Meat – minimum (9-10 oz. meat/week) 1oz grain – minimum (8-9 oz. grain/week)



MAY 2023 MANCHESTER LUNCH MENU

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M	T	W	TH	F
1 CORN DOG 3oz Frito corn chips 1oz Garden salad 1c Low fat ranch dressing 1oz orange slices 1c 1% or nonfat milk, 1c	2 HAMBURGER 2oz French fries 2oz lettuce & toms 1/8c WW bun 2oz garden salad 1c fresh apple 1c 1% or nonfat milk, 1c	3 Salami & cheese 3oz WW Bread 2oz Lett & Tom 1/8z Carrot sticks 1cp Sun Chips 1oz 1% or nonfat milk, 1c	4 TAQUITOS 3oz Spanish Rice 1/2c Veggie stick 1c Fruit Salad 1c 1% or nonfat milk, 1c	5 CHEESE PIZZA 3oz Caesar salad 3/4 c Sliced veggies 3/4 c Apple wedge 3/4c 1% or nonfat milk, 1c
8 CHICKEN nuggets 3oz French fries 2oz Green salad 1c Orange slices 1C 1% or nonfat milk, 1c	9 HOT DOG 2oz Ww bun 2oz CHIPS 1oz Mixed veggies 1c APPLE Slices 1cp 1% or nonfat milk, 1c	10 TURKEY SANDWICH 2oz lettuce+tomato 1/8c carrot sticks 1c kettle chips 1oz MELON 1 cp 1% or nonfat milk, 1c	11 BEAN & cheese BURRITTO 3oz Fiesta rice 1/2cp Jicama sticks 1cp Ranch dressing 2oz FRUIT CUP 1 c 1% or nonfat milk, 1c	12 PEANUT BUTTER JELLY SANDWICH 2oz ww bread 2oz Tortia chips 1oz APPLE 1cp Carrot sticks 1c 1% or nonfat milk, 1c
15 Ham & Cheese 3oz WW bread 2oz Mixed veg 1c Lettuce & tom. 1/8c Melon slices 1c 1% or nonfat milk, 1c	16 CHICKEN Pattie 2oz WW Bun 2oz lett&toms 1/8c veggie sticks 1c orange 1 c sun chips 1oz fruit cp 1c 1% or nonfat milk, 1c	17 CHILI CHEESE FRIES 4oz Corn Bread 2oz Garden Salad 1c 1% or nonfat milk, 1c	18 HAMBURGER ww bun 2oz CHIPS 1oz MIXED VEGGIES 1cp Fruit Salad 1cp 1% or nonfat milk, 1c	19 CHEESE PIZZA 3z green salad 1cp Cherrie tomatoes 1/4c Banana 1 cup Annie Cookies 1oz 1% or nonfat milk, 1c
22 HOT DOG 3oz ww bun 2oz Tator Tots 3oz Carrot Sticks 1c Apple Wedge 1c 1% or nonfat milk, 1c	23 SALAMI & Cheese SANDWICH 3oz SUN CHIPS 1oz Celery sticks 1c Apple 1c 1% or nonfat milk, 1c	24 HAMBURGER WW bun 2oz Chips 1oz Coleslaw 1cp Fruit Salad 1cp 1% or nonfat milk, 1c	25 CHILI CHEESE FRIES 3oz & tortilla Chips 1/2C Carrots sticks 1 c Banana 1 cup 1% or nonfat milk, 1c	26 P B J sandwich 2oz cucumber & cherry tomatoes 3/4c sun chips 1oz sliced peaches 1 c 1% or nonfat milk
29 NO SCHOOL MEMORIAL DAY	30 CHICKEN NUG 3z Tator Tots 2oz Carrots sticks 1c Fresh Apples 1 c 1% or nonfat milk, 1c	31 HAM & CHEESE HOT POCKET 2oz SUN CHIPS 1oz Garden Salad 1c Melon 1cp 1% or nonfat milk, 1c		Child Nutrition Guidelines Reimbursable Meal will include: 1c Milk, 1% or nonfat, 1 C fruit 1 C Vegetables Meat – minimum (9-10 oz. meat/week) 1oz grain – minimum (8-9 oz. grain/week)

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