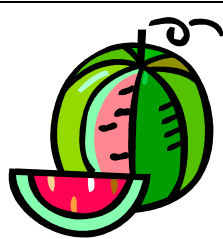


**JUNE 2023**  
**MANCHESTER SCHOOL**  
**BREAKFAST MENU**

M	T	W	TH	F
Daily USDA Child Nutrition Guidelines Reimbursable meal will include: 1C Milk, 1% or Nonfat, 1C Fruit, 1C Vegetables, 2oz Meat minimum, 2oz Grain			1 GRANOLA 1oz String Cheese 1oz Fresh Fruit 1cp 1% or nonfat milk, 1c	2 YOGURT 4oz CEREAL 4oz FRUIT 1c 1% or nonfat milk, 1c
5 BAGEL 2oz Cream Cheese 1oz APPLE 1cp 1% or nonfat milk, 1c	6 COLD CEREAL 1oz GRANOLA BAR FRESH Fruit 1c 1% or nonfat milk, 1c	7 CONTINENTAL BREAKFAST Muffin, Yogurt 4oz Cheese Stick 1oz 1% or nonfat milk, 1c	8 ENGLISH MUFFIN 2oz peanut butter & Jelly 1oz FRUIT 1c 1% or nonfat milk, 1c	9 BREAKFAST BAR 1oz CEREAL 1oz FRESH FRUIT 1cp 1% or nonfat milk, 1c
12 Muffin Yogurt Fresh Fruit 1% or nonfat milk,	13 Granola Bar String cheese Apple 1% or nonfat milk,	14 Cold Cereal Muffin Fruit cup 1% or nonfat milk,		
<b>HAPPY</b>	<b>SUMMER</b>	<b>VACATION</b>		
<b>THIS INSTITUTION</b>	<b>IS AN EQUAL</b>	<b>OPPORTUNITY</b>	<b>EMPLOYER &amp; PROVIDER</b>	



# JUNE 2023 MANCHESTER SCHOOL LUNCH MENU

M	T	W	TH	F
Daily USDA Child Nutrition Guidelines Reimbursable meal will include: 1C Milk, 1% or Nonfat, 1C Fruit, 1C Vegetables, 2oz Meat minimum, 2oz Grain			1 CORN DOG 3 oz BAKED BEANS 3/4C VEGGIE STICKS 1C MELON 1C 1% or nonfat milk, 1C	2 CHEESE PIZZA GREEN SALAD 1C RANCH DRESSING Fresh Fruit 1C 1% or nonfat milk, 1C
5  TURKEY SANDWICH 2oz WW BREAD 2oz LETT&TOM 1/8oz MIXED VEGGIES 3/4C SUN CHIPS 1oz ORANGE 1% or nonfat milk, 1C	6  CHIX PATTIE SANDWICH 3oz WW Bun 2oz FRENCH FRIES 3oz CARROT STICKS 1C FRUIT SALAD 1C 1% or nonfat milk, 1c	7  BEAN BURRITOS NACHO CHIPS & SALSA JICAMA 1c ORANGE SLICES 1c 1% or nonfat milk, 1c	8  PBJ OR TUNA 3oz SANDWICH WW BREAD 2oz TOM-CUCUMBER-SALAD 1C CHIPS 1oz APPLE 1C 1% or nonfat milk, 1C	9  <i>HOT DOGS, 2oz</i> <i>CHIPS,</i> <i>WATERMELON 1C</i> <i>VEGGIE STICKS</i> <i>ICE CREAM</i> 1% or nonfat milk, 1c
12  BAGEL 2oz with PEANUT BUTTER 1oz APPLE 1C CHIPS 1oz  1% or nonfat milk, 1C	13  CHEESE 1oz & CRACKERS BANANA FRESH FRUIT 1C  1% or nonfat milk, 1C	14  PBJ SANDWICH 2oz CHIPS 1oz FRUIT 1C COOKIE  1% or nonfat milk 1C	HAVE A SAFE AND HAPPY SUMMER	SEE YOU NEXT YEAR

*This institution is an equal opportunity employer & provider*