

Cookbook for Manchester High School

Created by HPS Menu Planner

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VANILLA YOGURT WITH GRANOLA

FRESH BAKED CINNAMON ROLL

CHOCOLATE/CHOCOLATE CHIP MUFFIN

BISCUIT WITH GRAVY MADE WITH LOCALLY GROWN SAUSAGE

Strawberry Craisins

Cherry Craisins

GRAPE JUICE

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STRAWBERRY POPTART

FUDGE POPTART

CINNAMON POPTART

STRAWBERRY CREAM CHEESE

GARDEN VEGETABLE CREAM CHEESE

PHILADELPHIA CREAM CHEESE

CINNAMON TOAST CRUNCH CEREAL

MILD BANANA PEPPER RINGS

BLUEBERRY MUFFIN

Apple Cinnamon Muffins

BANANA MUFFIN

CHOCOLATE PUDDING

Fresh strawberries

Fresh Pineapple

Fresh Green Grapes

Fresh Red Grapes

Sweet Gherkin Pickles

Tri color Tortilla Strips

Wheat crackers

Macaroni Salad

Italian FF Dressing

Raspberry Vinaigrette Dressing

CREAMY CAESAR DRESSING

Classic Balsamic Vinaigrette Dressing

Honey French Dressing

Diced Turkey Ham

Diced Turkey Breast

Hard Boiled Egg

PEELED APRICOT HALVES IN LIGHT SYRUP

Potato Chips

TURKEY AND CHEESE SUB

HAM AND CHEESE SUB

FRESH SLICED TOMATO

CHERRY CRAISINS

STRAWBERRY CRAISINS

HOMEMADE CHEESE PIZZA

HOMEMADE BBQ CHICKEN PIZZA

GARDEN SALAD

FRESH LIME WEDGES

FLAME ROASTED BLACK BEANS AND CORN

SALSA

Cherry Craisins

PILLSBURY APPLE FRUDEL

Romaine Lettuce

CHICKEN SALAD ON CROISSANT

CALIFORNIA BLEND

FRESH STRAWBERRIES

TRIX CEREAL BARS

COCO PUFF CEREAL BARS

COCOA KRISPY CEREAL BAR

GOLDEN GRAHAMS CEREAL

FRESH BAKED CINNAMON ROLL WITH CEREAL

EGG & BACON BREAKFAST PIZZA

CHUNKED PINEAPPLE

BBQ RIB ON A BUN

STEAKBURGER ON A BUN

PEANUT BUTTER SANDWICH HALF

HOT HAM AND SWISS SANDWICH

BABY CARROTS WITH RANCH

MJSH CHICKEN ALFREDO WITH FETTUCCHINE

FETTUCCHINE

SPAGHETTI WITH 4 MEATBALL AND SAUCE

SPAGHETTI SAUCE

MEATBALLS

REDSTONE CANYON POTATO WEDGES

FRESH PLUMS

ALASKAN POLLOCK ON A BUN

PHILLY CHEESESTEAK SUB

ROASTED ONIONS AND RED AND GREEN PEPPER STRIPS

BBQ MEATBALL SUB

LETTUCE/TOMATO/ONION/PICKLE

CHEESEBURGER ON A BUN MADE WITH LOCAL BEEF

OVEN FRIED CHICKEN DRUMSTICK

HONEY WHEAT DINNER ROLL

CHICKEN PARMIGIANA WITH PENNE PASTA

BAKED POTATO

BEEF AND CHEESE SAUCE

UNSEASONED BROCCOLI

SALSA

CHIVES

SOUR CREAM

CHILI WITH CHEESE

NACHOS WITH TACO MEAT AND QUESO

CREAMY QUESO

MILD CHEDDAR CHEESE SAUCE

PICO DE GALLO

FRESH GUACAMOLE

MEXICAN FIESTA RICE

TOMATO SOUP

TOASTED 3 CHEESE SANDWICH

SOFT TACO

CHICKEN FAJITA WITH GOLDFISH

Brown Sugar Glazed Ham

10" FLOUR TORTILLA

TORTILLA WITH SEASONED CHICKEN

SEASONED BEEF STEAK ON A TORTILLA

NACHO CHEESE SAUCE

WHOLE GRAIN BROWN RICE

SAUSAGE, BEAN, EGG AND CHEESE BURRITO

BACON TOPPING

DICED TOMATOES

FRESH SAUERKRAUT

CHILI WITH BEANS

SMOKED SAUSAGE ON A BUN WITH DORITO

SOUR CREAM AND CHEDDAR RUFFLES

DICED PEPPERONI

TURKEY, BACON SUB

HOMEMADE BEEF AND NOODLES - USING LOCAL BEEF

CHICKEN AND WAFFLES

BLUEBERRY SAUCE

HOMEMADE WARM CINNAMON APPLES

CHICKEN QUESADILLA

HAM WRAP WITH GARDEN SALSA SUN CHIPS

CHICKEN TENDER WRAP WITH GARDEN SALSA SUN CHIPS

SHREDDED MOZZARELLA AND CHEDDAR CHEESE

CHIPOTLE RANCH

HONEY MUSTARD

HOMEMADE RANCH DRESSING

COLBY JACK CHEESE SLICE

PEPPER JACK CHEESE SLICE

AMERICAN CHEESE SLICE

BACON ROUND

SAUTEED MUSHROOMS

COCKTAIL SAUCE

CHEESY HAM AND POTATO SOUP WITH CHEESY BREAD

CELERY WITH PEANUT BUTTER

MJSH HOMEMADE TACO SOUP WITH TORTILLA CHIPS

HOMEMADE BROCCOLI CHEESE SOUP

MJSH BELGIAN WAFFLE WITH TRIX YOGURT

BREADED ONION RINGS

TERIYAKI CHICKEN WITH LO MEIN

BACON, EGG AND CHEESE ON A CIABATTA ROLL

DONUT

SANTA FE CHICKEN CHILI WITH TORTILLA CHIPS

HOMEMADE CREAMY POTATOES

Old Fashioned Baked Chicken

CANDIED BABY CARROTS

APPLE TURNOVER

WHOLE GRAIN HONEY WHEAT DINNER ROLL

LASAGNA SOUP

HOMEMADE MEXICAN CHICKEN CORN CHOWDER

MJSH NACHOS WITH HOMEMADE CHEESE DIP

HOMEMADE MACARONI AND CHEESE SOUP

NORTHWEST BLEND

ORANGE CHICKEN WITH LO MEIN

ASIAN VEGETABLE BLEND

Homemade Golden Cheese/Broccoli Chowder

Cheesy Eggs with Bacon, French Toast Sticks and Smokey Link

HOMEMADE CHICKEN NOODLE SOUP with PIZZA RIPPER

HOMEMADE UPSIDE DOWN CHICKEN POT PIE OVER BISCUIT

SHREDDED BBQ PORK

CHILI

HOMEMADE HEARTY BACON AND POTATO SOUP

TERIYAKI CHICKEN WITH RICE

STRAWBERRY SALAD

CORN CHIP SALAD

ASPARAGUS TIPS

BELGIAN WAFFLES WITH SOUTHERN STYLE SAUSAGE PATTIES

TACO SALAD

CHICKEN MOZZARELLA SALAD

BOOM BOOM SAUCE

FRANKS REDHOT SAUCE

PARMESAN AND PEPPERCORN DRESSING

BONELESS CHICKEN WINGS

HOMEMADE MEAT AND CHEESE STROMBOLI

2 CINNAMON SUGAR TOPPED BLUEBERRY PASTRY FILLED WITH CINNAMON & CHEESE

COOKIES AND CREAM GRANOLA BAR

RANCH SEASONED POTATO WEDGES

GARLIC PARMESAN WING SAUCE

CHEDDAR CHEESE SAUCE

BREADED PORK TENDERLOIN SANDWICH

CRISPY FRENCH FRIES

MJSH WARM HAM AND CHEESE ON A HAWAIIAN BUN

HOMESTYLE MACARONI AND CHEESE WITH BBQ PORK

HOMESTYLE MACARONI AND CHEESE WITH HAM

HOMEMADE CROUTONS

PETITE PEPPERONI

HOT DOG ON A BUN WITH DORITO

BEEF HOBO DINNER PACKET

CHICKEN HOBO DINNER PACKET

FRESH BAKED BREADSTICK

CHOCOLATY S'MORE BARS

FRESH PEAR

BACON AND CHEESE SCRAMBLED EGGS with FRENCH TOAST STIX

Locally Sourced PORK PATTY MELT

ORANGE SHERBET

GARLIC CHEESE BISCUIT

OVEN FRIED CHICKEN DRUMSTICK WITH GARLIC CHEESE BISCUIT

COCKTAIL SAUCE

PHILLY STEAK SUB WITH CORN CHIPS AND COOKIE

ITALIAN MEATBALL SUB WITH CORN CHIPS AND COOKIE

TURKEY, BACON ON A PRETZEL BUN

STEAKBURGER ON A BUN with POTATO CHIPS

GRILLED CHICKEN SANDWICH with POTATO CHIPS

THREE CHEESE CALZONE

CHICKEN WINGS WITH A BISCUIT

HONEY

PARMESAN CHICKEN BREAST

Ice Cream Cup

HAM AND CHEESE SAUCE

HOMEMADE TURKEY AND NOODLES WITH PB SANDWICH HALF

RAMEN NOODLES WITH CHICKEN

RAMEN NOODLES WITH Beef

SQUIRE CHILI

HOT AND SPICY CHILI BEANS

CHEESY HAM AND POTATO SOUP WITH TWISTED BREADSTICK

FRESH BAKED CHOCOLATE CHIP COOKIE

CHEDDAR CHEX MIX

SOUTHWESTERN CHICKEN BARLEY SOUP WITH CORN MUFFIN AND TORTILLA CHIPS

WILLIAMSBURG INN TURKEY SOUP

OVEN ROASTED CHICKEN WINGS AND BISCUIT

ORANGE CHICKEN WITH RICE and EGG ROLL

TERIYAKI CHICKEN WITH RICE and EGG ROLL

SOY SAUCE

HOMEMADE PEPPERONI/SAUSAGE PIZZA

DILL CHICKEN FILLET ON A BUN

CRACKER JACKS

FOOT LONG HOT DOG ON A BUN

CORN ON THE COB

CRAZY CHARLIE'S BLACK BEAN AND FIRE-ROASTED CORN SALSA

TACO SALAD - Single Serving

CHEF SALAD with RANCH DRESSING WITH CHEDDAR GOLDFISH - MIS

LUCKY CHARMS CEREAL WITH DONUT STIX

Homemade Taco Salad Dressing

Homemade Corn Chip Salad Dressing

STRAWBERRIES AND YOGURT PARFAIT

Chipotle Chicken Wrap

Lite Mayonnaise

CAULIFLOWER AND RANCH DIP

BAKED SPAGHETTI WITH GARLIC, PARMESAN TWISTED BREAD STICK

CORN CHIP SALAD - Single Serving

CHICKEN MOZZARELLA SALAD - Single serving

TACO SALAD WITH COOKIE

HOMEMADE SWEET CHERRY CRISP

Wrap Toppings

HAM WRAP

CHICKEN WRAP

STEAK BURGER TOPPINGS

Cheddar French Dip on Ciabatta Roll

AU JUS

CHEESE AND GARLIC CROUTONS

STEAMED GREEN PEAS

ROASTED RED PEPPER HUMMUS WITH CRACKERS

DILL CHICKEN TOPPINGS

APPLE BACON CRANBERRY SPINACH SALAD with POPPY SEED DRESSING

BREADED POPCORN CHICKEN

OVEN FRIED CHICKEN DRUMSTICK and BISCUIT

FRENCH TOAST STICKS WITH SMOKEY LINKS

Lettuce/Pico/Lime Wedge

TERIYAKI CHICKEN WITH FRIED RICE

NACHOS WITH BEEF AND CHEESE

FISH FILLET WITH GARLIC CHEESE BISCUIT

HOMEMADE COLE SLAW

CLUB ON SOURDOUGH BUN

STRAWBERRY SALAD WITH COTTAGE CHEESE and CINNAMON GOLDFISH

KING CUPCAKES

HOMEMADE CHILI WITH CHEESE for baked potato

BEEF AND BACON CHILI WITH CORN BREAD MUFFIN

MEATBALLS WITH MARINARA

FARMHOUSE CHOWDER WITH FRESH BAKED BISCUIT

HOMEMADE GRANOLA BAR

TURKEY, BACON ARTISAN SUB with SUN CHIPS

LETTUCE/TOMATO/ONION for ARTISAN SUB

CORN CHIP SALAD WITH BANANA MUFFIN

ORANGE CHICKEN WITH FRIED RICE

SOFT TACO WITH BEEF AND CHEESE and GOLDFISH

TOASTED HAM AND CHEESE SANDWICH with POTATO CHIPS

HOT DOG ON A BUN with POTATO CHIPS

PERSONAL SUPREME PIZZA

LOCALLY GROWN SEASONED CORN

LOCALLY GROWN GOLDEN BAKED CHICKEN

LOCALLY PRODUCED BRAT ON A BUN

CHILI CHEESE POTATO DIPPERS WITH CHEESY PULL APART BREAD

BACON AND CHEESE SCRAMBLED EGGS with DONUT

SALISBURY STEAK WITH BISCUIT

RED SKINNED MASHED POTATOES

APPLE BUTTER

WINTER FRUIT SALAD DRESSING

WINTER FRUIT SALAD WITH HOMEMADE DRESSING

SOUTHWEST SALAD

HOMEMADE MACARONI SALAD

Pasta Plate

BBQ CORN CHIP SALAD

BBQ CORN CHIP SALAD DRESSING

SIX LAYER SALAD

SIX LAYER SALAD DRESSING

CHICKEN CAESAR SALAD WITH COOL RANCH DORITO

HOMEMADE MEAT LOAF

HOMEMADE CHEESEBURGER SOUP

FLAME ROASTED APPLES WITH CINNAMON AND SUGAR

HOMEMADE GROUND BEEF STROGANOFF OVER PASTA

BROWN GRAVY

SOUTHWEST BREAKFAST TORNADO

PHILLY CHEESE STEAK SUB

POPCORN SHRIMP WITH CHEESY BREADSTICK BITES

HOMEMADE CHICKEN QUESADILLA

HOMEMADE GRANOLA BAR AND STRING CHEESE STICK

NASHVILLE HOT CHICKEN POPPERS

CHICKEN PARMESAN OVER SPAGHETTI

HONEY BBQ RIB SANDWICH

SMOKEY LINKS

TARTAR SAUCE

OVEN FRIED CHICKEN BREAST OR THIGH

ASIAN FRIED RICE

SOY SAUCE

HOMEMADE BLT QUESADILLA

SHREDDED LETTUCE and TOMATO

SLUSHY PEACH CUP

ROMAINE/TOMATO/CUCUMBER

BROOKWOOD FARMS BBQ PORK

WHOLE GRAIN MEXICAN RICE

TORTILLA WITH FAJITA CHICKEN AND CHEESE

HOMEMADE TERIYAKI CHICKEN

CHICKEN PARM SANDWICH

HOMEMADE BAKED BEANS

CORN CHIP SALAD

HOMEMADE BEEF AND CHEESE DIP

Locally sourced PORK PATTY MELT ON SOURDOUGH

SAUSAGE, EGG BREAKFAST WRAP

ZESTY SWEET POTATO FRIES

HOLIDAY CUPCAKE

FRENCH ROLL

SEASONED WAFFLE FRIES

CHILI BAKED POTATO

CHEESY PULL APART BREAD

HOMEMADE HEARTY BACON AND POTATO SOUP WITH PIZZA RIPPER

BELGIAN WAFFLE

SQUIRE'S HOMEMADE CHICKEN DIPPING SAUCE

ORIENTAL VEGETABLES

HOMEMADE LASAGNA

ITALIAN HERB AND GARLIC BREADSTICK

FRIED CHICKEN BREAST FILLET

Jr SQUIRE TOTCHOS

TWISTED BREAD STICK

CINNAMON FILLED PRETZEL STICK

TOTCHOS

NACHO CHICKEN DIP

NACHO CHIPS

DIRI AK PWA (RICE AND BEANS)

BURMESE CHICKEN CURRY

APPLE NACHOS

"UNCRUSTABLE" BREAKFAST SANDWICH

ORIENTAL GRILLED CHICKEN SALAD

ORIENTAL GRILLED CHICKEN SALAD DRESSING

FRUIT BY THE FOOT

LIME SHERBET

PURPLE STICKY RICE

HOMEMADE YUM YUM SAUCE

BUSH'S BLACK BEANS

SHREDDED RED CABBAGE

SHREDDED CARROTS

SEASONED BEEF STEAK

DICED COOKED CHICKEN

SWEET BABY RAY'S TERIYAKI SAUCE

DICED, HARD-BOILED EGGS

4 FRENCH TOAST STICKS

SMOKED SAUSAGE ON A BUN

CHEF'S CHOICE SALADS

BREAKFAST PIZZA BAGEL

SLICED BLACK OLIVES

MATCHSTICK SHREDDED CARROTS

DICED FRESH CUCUMBERS

GRAPE AND CHERRY TOMATOES

FRESH BABY SPINACH

FRESH CUT ROMAINE

SLICED BANANA PEPPERS

GRILLED CHICKEN BREAST STRIPS FOR SALAD

HARD BOILED EGG

SHREDDED PARMESAN CHEESE

GOLDEN ITALIAN DRESSING

HONEY FRENCH DRESSING

BALSAMIC VINAIGRETTE

SUPER SWEET CORN FOR SALAD

HOMEMADE BEEF TACO MEAT for TACO SALAD

NACHO DORITO for TACO SALAD

TWISTED BREAD STICK

SLICED BAGEL WITH PEANUT BUTTER

COOKED, DICED HAM FOR SALADS

PECAN PIECES FOR SALAD

CHILI CHEESE CORN CHIPS FOR SALAD

CORN CHIPS FOR SALAD

OCEAN SPRAY CRAISINS

DICED BELL PEPPERS

HONEY ROASTED SESAME STICKS

SUN CHIPS for SALAD

SALAD BAR

6 FRENCH TOAST STICKS

HOMEMADE GLAZED HAM LOAF MADE WITH LOCAL PORK

FRENCH DIP ON CIABATTA ROLL

CHEESY CHICKEN DIP

MJSH CHEESY HAM AND POTATO SOUP

HOMEMADE GROUND BEEF STROGANOFF for BAKED POTATO

MINI ICE CREAM SANDWICH

KOREAN BBQ DICED CHICKEN

SHRIMP POPPERS

HONEY SRIRACHA CHICKEN SUB

BACON, CHEESE EGG BITE WITH DONUT HOLES

2 TACOS WITH HOMEMAADE TACO MEAT and CHEESE

2 TORTILLA WITH FAJITA CHICKEN AND CHEESE

COUNTRY GRAVY

ROLLED CRUST PEPPERONI PIZZA

BUTTERMILK PANCAKES

SAUSAGE and PANCAKE WRAP ON A STICK

Breakfast Sausage Link

HAM, EGG, CHEESE ENGLISH MUFFIN SANDWICH

EGG, CHEESE ENGLISH MUFFIN

NACHOS WITH BBQ PULLED PORK AND QUESO

ROASTED RATATOUILLE MADE WITH LOCAL VEGETABLES

PINEAPPLE TIDBIT CUP

2 oz Tortilla Chips

NEW ORLEANS CHICKEN

HOMEMADE BAKED ZITI

HOMEMADE UPSIDE DOWN TURKEY POT PIE OVER BISCUIT

ORIGINAL HOMEMADE TURKEY AND NOODLES WITH PB SANDWICH HALF

MJSH COLORIFIC SALAD

MJSH APPLE BACON CRANBERRY SPINACH SALAD with POPPY SEED DRESSING

ARTISAN DINNER ROLL