

# **Cookbook for Manchester High School**

**Created by HPS Menu Planner**

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**CHICKEN AND WAFFLES**

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**CHICKEN QUESADILLA**

**HAM WRAP WITH GARDEN SALSA SUN CHIPS**

**CHICKEN TENDER WRAP WITH GARDEN SALSA SUN CHIPS**

**SHREDDED MOZZARELLA AND CHEDDAR CHEESE**

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**HONEY MUSTARD**

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**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**

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**TERIYAKI CHICKEN WITH RICE**

**STRAWBERRY SALAD**

**CORN CHIP SALAD**

**ASPARAGUS TIPS**

**BELGIAN WAFFLES WITH SOUTHERN STYLE SAUSAGE PATTIES**

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**BOOM BOOM SAUCE**

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**PARMESAN AND PEPPERCORN DRESSING**

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**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**

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**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**

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**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**

**HOT COCOA**

**EGGO HOMESTYLE WAFFLES**

**WHIPPED TOPPING**

**WARM CINNAMON APPLES**

**LOCALLY RAISED BBQ TURKEY CUTLET SANDWICH**

**BASMATI RICE**

**HOMEMAADE TACO MEAT and CHEESE**

**DICED HAM & CHEESE FOR BAKED POTATO**

**FRESH BELL PEPPER STRIPS WITH RANCH DIP**