



Manchester Public Schools Offers a Daily Healthy and Nutritional Breakfast!!

Our School Breakfast is comprised of 3 Groups

1. Grains (with alternate proteins)
2. Fruits
3. Milk

Students may select the following

Grains

Bagels – Cereal – Muffins - Cinnamon Buns –
Assorted Breads – Breakfast Bars

Alternate Proteins

Yogurt Cup
String Cheese

Fruits

A variety of fresh, canned fruit and 100% juice offered daily

Milk

1% milk, a variety of fat free and fat free flavored milk are offered daily

Manchester Public School students may receive one breakfast meal at no cost. If your student chooses additional food items outside of the breakfast meal there is a cost associated with each item.