

December 2017

Manteno High School



Prepackaged salads offered daily as 2nd lunch option
Payments can be made online in skyward.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday



Thursday

Friday

Chicken Nugget **4**
 Cheese Stick
 Baked Beans
 Roll
 Pear / Milk

Biscuits & Gravy **5**
 Hash Browns
 Sausage
 Orange Juice
 Banana / Milk

Hot Dog **6**
 Baked Beans
 Chips
 Peaches
 Milk

Mac & Cheese w/ Ham **7**
 Roll
 Broccoli
 Apple Crisp
 Milk

Quesadilla **1**
 Refried Beans
 Salsa
 Peaches
 Milk

Cheese Flat Bread **8**
 Marinara
 Carrots
 Cookie
 Banana / Milk

Chili **11**
 Fritos
 Carrot Sticks
 Corn Muffin
 Peaches / Milk

Cheeseburger **12**
 French Fries
 Baked Beans
 Mixed Fruit
 Milk

Ham & Cheese **13**
 Sandwich
 Chicken Noodle Soup
 Celery
 Pineapple / Milk

Spaghetti **14**
 Cheese Stick
 Roll
 Broccoli
 Orange / Milk

Pizza **15**
 Salad
 Peas
 Apple
 Milk

Chicken & Noodles **18**
 Roll
 Broccoli
 Apricots
 Milk

Tacos **19**
 Black Bean Salad
 Salsa
 Cookie
 Apple Sauce / Milk

Salisbury Steak **20**
 Mashed Potato w/ Gravy
 Carrots
 Roll
 Mandarin Oranges/ Milk

Sack Lunch **21**
 Peanut Butter & Jelly
 Carrot Sticks w/ Ranch
 Baked Chips
 Orange Juice and Milk

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 Winter Break Begins

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 Winter Break →

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