

December 2017

Manteno Middle 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

Stuffed Crust Pizza **1**
 Green Beans
 Pear
 Milk

Meatball Sub **4**
 Broccoli
 Mandarin Oranges
 Milk

Cheeseburger **5**
 Sweet Potato Fries
 Mix Fruit
 Milk

Nachos w/ Cheese **6**
 Salsa / Sour Cream
 Refried Beans
 Orange
 Milk

Pork Patty **7**
 Mashed Potato w/ Gravy
 Roll w/ Margarine
 Pineapple
 Milk

French Bread Pizza **8**
 Corn
 Cinnamon Apples
 Milk

French Toast **11**
 Tator Tots
 Sausage
 Orange Juice
 Milk

Chicken & Noodles **12**
 Roll w/ Margarine
 Broccoli
 Pear
 Milk

Fish Shapes **13**
 Mac & Cheese
 Roll
 Carrots
 Side Kick Slushy/ Milk

Frito Chili Bowl **14**
 Corn Muffin
 Sour Cream
 Celery
 Peaches / Milk

Cheese Flatbread **15**
 Marinara
 Salad
 Apple Crisp
 Milk

Chicken Patty on Bun **18**
 Baked Beans
 Pears
 Milk

Baked Spaghetti **19**
 String Cheese
 Bread Stick
 Salad
 Mix Fruit/ Milk

Tangerine Chicken **20**
 White Rice
 Egg Roll
 Peas
 Pineapple/ Milk

Sack Lunch **21**
 Turkey & Cheese on Bun
 Chips
 Carrots w/ Ranch
 Apple Sauce / Milk

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 Winter Break Begins

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 Winter Break →

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