

# September 2017

## Manteno Middle School 5-8

### LUNCH



Prepackaged salads offered daily as 2<sup>nd</sup> 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



Cheese Flatbread  
Marinara  
Corn  
Banana  
Milk 1

No School 4

Nachos w/ Cheese  
Salsa  
Refried Beans  
Pear  
Milk 5

Bosco  
Marinara  
Sweet Potato Fries  
Peaches  
Milk 6

Chicken Taco  
Mexi Corn  
Mandarin Oranges  
Milk 7

French Bread Pizza  
Salad  
Apple  
Milk 8

Meatball Sub  
Fresh Carrots  
Apricot  
Milk 11

Hotdog  
Baked Beans  
Orange  
Milk 12

Turkey & Cheese Sub  
Celery w/ Ranch  
Apple Sauce  
Milk 13

Chicken Tenders  
Smiles  
Pineapple  
Milk 14

Stuffed Pizza  
Peas  
Banana  
Milk 15

Cheeseburger  
French Fries  
Mix Fruit  
Milk 18

Corn Dog  
Creamy Noodle  
Broccoli  
Pear  
Milk 19

Quesadilla  
Salsa  
Beans and Rice  
Peaches  
Milk 20

Chicken Patty Sandwic  
Peas  
Mandarin Oranges  
Milk 21

No School 22

McRib  
Smiles  
Apricot  
Milk 25

Nachos w/ Cheese  
Salsa  
Refried Beans  
Orange  
Milk 26

Bosco  
Marinara  
Sweet Potato Fries  
Apple Sauce 27

Chicken Taco  
Corn  
Pineapple  
Milk 28

Cheese Flat Bread  
Marinara  
Broccoli  
Apple  
Milk 29