

September 2017

Manteno High School

LUNCH



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



Pizza
Salad
Green Beans
Apricots
Ranch Dressing
Milk 1

No School 4

Nacho w/ Cheese
Refried Beans
Salsa
Pears
Milk 5

Meatball Sub
Corn
Pineapple
Milk 6

Chicken & Noodle
Roll w/ Butter
Broccoli
Mix Fruit
Milk 7

Cheese Flatbread
Marinara
Carrot Sticks w/ Ranch
Salad
Apple Sauce
Milk 8

Ham & Cheese on Bun
Carrot Sticks w/ Ranch
Pretzels
Mix Fruit
Milk 11

Bosco
Marinara
Corn
Salad
Peaches
Milk 12

Chicken Patty on Bun
Popped Crisps
Baked Beans
Pineapple
Milk 13

Hot dog
Broccoli
Apple Sauce
Cole Slaw
Milk 14

Pizza
Salad w/ Ranch
Green Beans
Orange
Milk 15

Cheeseburger
Pasta Salad
Celery Stick
Peanut Butter
Apple
Milk 18

Chicken Tenders
Mexi Corn
Apricots
Cole Slaw
Roll
Milk 19

Turkey & Cheese on B
Baked Chips
Carrot Sticks
Ranch
Peaches
Milk 20

McRib
Corn
Fries
Banana
Milk 21

No School 22

Pizza
Green Beans
Salad w/ Ranch
Apricots
Milk 25

Nachos w/ Cheese
Refried Beans
Salsa
Pears
Milk 26

Chicken & Noodles
Roll w/ Butter
Broccoli
Mix Fruit
Milk 27

Meatball Sub
Corn
Pineapple
Milk 28

Cheese Flat Bread
Marinara
Carrot Sticks w/ Ranch
Salad
Apple Sauce
Milk 29