

# September 2017

## Manteno Elementary K-4

### LUNCH



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



No School 4

Fish Shapes 5  
Mac N' Cheese  
Green Beans  
Side Kick Slushy  
Milk

Mini Corn Dogs 6  
Baked Beans  
Gold Fish  
Peaches  
Milk

Chicken Fries 7  
French Fries  
Pear  
Milk

Quesadilla 1  
Red Beans and Rice  
Banana  
Milk

French Toast 11  
Sausage  
Tator Tots  
Orange Juice  
Milk

Hot Dog 12  
Baked Beans  
Mix Fruit  
Milk

Ham and Cheese Wrap 13  
Carrots w/ Ranch  
Cheez-its  
Mandarin Oranges  
Milk

Chicken Nuggets 14  
Broccoli  
Elf Grahams  
Apple  
Milk

Pizza 15  
Corn  
Pineapple

Cheeseburger 18  
Sweet Potato Fries  
Apple Sauce  
Milk

Nacho w/ Cheese 19  
Corn  
Apricots  
Milk

Spaghetti 20  
Cheese Stick  
Salad  
Peaches  
Milk

Sack Lunch 21  
Muffin  
Yogurt  
Carrots  
Apple Slices  
Milk

No School 22

Bosco 25  
Marinara Sauce  
Sweet Potato Fries  
Orange

Fish Shapes 26  
Mac N' Cheese  
Green Beans  
Side Kick Slushy  
Milk

Mini Corn Dogs 27  
Baked Beans  
Gold Fish  
Mandarin Oranges  
Milk

Chicken Fries 28  
French Fries  
Apple  
Milk

Cheese Flat Bread 29  
Marinara  
Scooby Snack  
Broccoli  
Pineapple  
Milk