

April 2018

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

No School

2

Chicken Patty Sandwich
 Baked Doritos
 Coleslaw
 Apricots
 Milk

3

Turkey Sandwich
 Baked Beans
 Celery Sticks
 Pretzels
 Apple / Milk

4

Corn Dog
 Creamy Noodles
 Corn
 Banana
 Milk

5

Bosco
 Marinara
 Fresh Broccoli
 Salad
 Peaches / Milk

6

Quesadilla
 Black Bean Salad
 Salsa
 Salad
 Mandarin Oranges/ Milk

9

Mc Rib
 Baked chips
 Corn
 Mix Fruit
 Milk

10

Hamburger
 Baked Beans
 Carrots Sticks
 Pineapple
 Milk

11

Chicken Tenders
 Fresh Broccoli
 Pasta Salad
 Roll
 Applesauce/ Milk

12

Pizza
 Salad
 Green Beans
 Apricots
 Milk

13

Bosco
 Marinara
 Fresh Broccoli
 Salad
 Pears / Milk

16

Nachos
 Refried Beans
 Salsa
 Peaches
 Milk

17

Meatball Sub
 Corn
 Orange
 Milk

18

Chicken & Noodles
 Green Beans
 Roll
 Banana
 Milk

19

French Bread Pizza
 Carrot Sticks
 Salad
 Apple
 Milk

20

Turkey Sandwich
 Carrot Sticks
 Pretzels
 Mixed Fruit
 Milk

23

Bosco
 Corn
 Salad
 Peaches
 Milk

24

Chicken Patty Sandwich
 Baked beans
 Baked Chips
 Pineapple
 Milk

25

Hot Dog
 Fresh Broccoli
 Coleslaw
 Apple Sauce
 Milk

26

No School

27

Hamburger
 Pasta Salad
 Celery Stick
 Peanut Butter
 Apple / Milk

30

