

# January 2018

## Manteno Elementary

### LUNCH



**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

1

2

3

4

5

Quesadilla  
Black Bean Salad  
Mandarin Oranges  
Milk

8

Hot Dog  
Carrots  
Scooby Snacks  
Mix Fruit  
Milk

9

Cheeseburger  
Green Beans  
Pear  
Milk

10

Chicken Nuggets  
Mashed Potato w/ Gravy  
Peaches  
Cookie  
Milk

11

Cheese Flatbread  
Marinara  
Broccoli  
Apple Sauce  
Milk

12

No School

15

French Toast  
Sausage  
Tator Tots  
Orange Juice  
Milk

16

Nachos w/ Cheese  
Refried Bean  
Mix Fruit  
Milk

17

Grilled Cheese  
Tomato Soup  
Carrots  
Pear  
Milk

18

Stuffed Pizza  
Corn  
Pineapple  
Milk

19

Bosco  
Marinara  
Sweet Potato Fries  
Mandarin Oranges  
Milk

22

Fish Shapes  
Mac & Cheese  
Carrots  
Side Kick Slushy  
Milk

23

Mini Corn Dog  
Baked Beans  
Gold Fish  
Pear  
Milk

24

Chicken Patty  
Mashed Potato w/ Gravy  
Peaches  
Milk

25

Pizza  
Corn  
Pineapple  
Milk

26

Cheeseburger  
Smiles  
Apple Sauce  
Milk

29

Spaghetti w/ Meat  
String Cheese  
Green Beans  
Mix Fruit  
Milk

30

Quesadilla  
Red Beans Rice  
Mandarin Oranges  
Milk

31

