March 2018

Manteno High School





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
			Meatball Sub French Fries Green Beans Apple Sauce Milk	Quesadilla Refried Beans Salsa Peaches Milk
Ham Sandwich Carrots Sticks w/ Ranch Pretzel Mixed Fruit Milk	Bosco Marinara Corn Salad Peaches / Milk	Chicken Patty Sandwid 7 Baked Beans Baked Chips Pineapple Milk	Hot Dog 8 Fresh Broccoli w/ Ranch Coleslaw Apple Sauce Milk	Pizza 9 Salad Green Beans Orange Milk
Hamburger Pasta Salad Celery w/ Peanut Butter Apple Milk	Chicken Tenders Fresh Broccoli Mexi-corn Coleslaw / Roll Apricots / Milk	Turkey Sandwich Baked Chips Carrots w/ Ranch Peaches Milk	McRib Corn French Fries Banana Milk	Quesadilla Salsa Black Bean Mandarin Oranges Salad / Milk
Pizza 19 Green Beans Salad Apricots Milk	Nachos Refried Beans Salsa Pears Milk	Chicken Noodle Fresh Broccoli Roll Mixed Fruit Milk	Meatball Sub Corn Pineapple Milk	French Bread Pizza Carrots Sticks Applesauce Milk
26	[28	29	30
Spring Break→				