## March 2018

lunch option

skyward.

Prepackaged salads offered daily as 2<sup>nd</sup>

Payments can be made online in

## Manteno Middle School



**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.

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			Chicken Tenders French Fries Peas Peaches Milk	French Bread Pizza 2 Corn Apple Sauce Cookie Milk
Hamburger 5 French Fries Green Beans Mix Fruit Milk	Corn Dog Creamy Noodle Broccoli Pear Milk	Nacho w/ Cheese <b>7</b> Refried Beans Orange Milk	Tangerine Chicken 8 White Rice Egg Roll Carrots Sidekick Slushy / Milk	Cheese Flat Bread 9 Marinara Corn Cinnamon Apples Milk
Buffalo Chicken Wrap 12 Celery w/ Ranch Baked Chips Mixed Fruit Milk	Bosco 13 Marinara Sweet Potato Fries Apple Sauce Milk	Quesadilla Salsa Black Bean Salad Peaches Milk	Popcorn Chicken Bowl 15 Mashed Potatoes w/Gravy Roll Pears Milk	Stuffed Crust Pizza 16 Peas Pineapple Cookie Milk
French Toast 19 Sausage Tator Tots Orange Juice Milk	Chicken Patty Sandwi 20 Sweet Potato Fries Peaches Milk	Hot Dog Baked Beans Scooby Snack Pear Milk	Chicken Nuggets 22 Smiles Peas Apple Milk	French Bread Pizza 23 Salad Pineapple Milk
26 Spring Break →		28	29	30