

BREAKFAST

November 2013

Manteno High School

Breakfast Fact

41% of milk consumed by 6- to 12-year-olds is consumed with cereal.

Reference: Rampersaud et al. JADA 2005

✿ **monday**

All lunches are served with low fat milk and whole wheat breads. No charge to pay lunches on Family Access.

Lunch price is \$2.10

✿ **tuesday**

✿ **wednesday**

✿ **thursday**

✿ **friday**

Mac & Cheese w/ham
Riviera Blend
Roll w/butter
Brownie

4

Chicken Nuggets
Mashed Potatoes w/gravy
Broccoli
Cinnamon Apples
Roll

5

Taco w/cheese
Lettuce/Salsa
Refried Beans
Corn
Cherry Crisp

6

Cheeseburger w/pickle
Tots
Baked Beans
Pineapple

7

Cheese Pizza
Green Salad
Mixed Veggies
Apple

8

Spaghetti w/meat sauce
Carrots
Roll
Mandarin Orange

11

Cheese Quesidilla
Black Bean Salad
Koos Koos
Pineapple

12

Early Dismissal

Scalloped Potato w/ham
Celery Sticks
Green Beans
Bread
Pears

13

Corndog
California Blend
Mixed Fruit
Oatmeal Cookies

14

Creamed Turkey
Mashed Potato
Peas
Roll
Jello w/fruit

15

Ravioli
Green Salad
Roll
Pears

18

Sloppy Joe
Sweet Potato French Fries
Mixed Veggies
Jello w/fruit

19

Chicken Fajita
Refried Beans
Salsa
Mixed Fruit

20

Fish Shapes
Mac & Cheese
Roll
Roman Salad
Orange

21

Grilled Cheese
Tomato Soup
Baby Carrots
Peach Cups

22

Hot dog w/chili
French Fries
Baked Beans
Pears

25

Hot Ham & Cheese
Sweet Potato French Fries
Green Beans
Cake

26

No School

27

Thanksgiving Day
No School

28

No School

29