

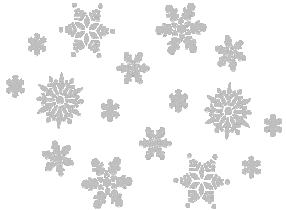
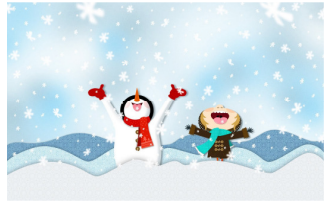
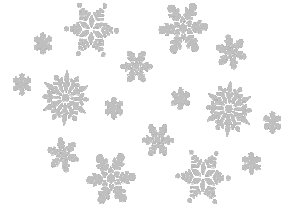



Antelope School District: Manton Elementary School

REVISED Breakfast & Lunch Menu, December 2017

Monday		Tuesday		Wednesday (June)		Thursday		Friday																				
Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch																			
Daily Milk Choices: Low-fat white milk, Fat free vanilla milk, Fat free chocolate milk Whole Grain =(WG)		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th></th> <th>Breakfast</th> <th>Lunch</th> </tr> <tr> <td>Reduced Student</td> <td>\$0.30</td> <td>\$0.40</td> </tr> <tr> <td>Paid Student</td> <td>\$2.00</td> <td>\$3.00</td> </tr> <tr> <td>Milk (Everyone)</td> <td>\$0.50</td> <td>\$0.50</td> </tr> <tr> <td>Adults</td> <td>\$2.50</td> <td>\$3.50</td> </tr> </table>			Breakfast	Lunch	Reduced Student	\$0.30	\$0.40	Paid Student	\$2.00	\$3.00	Milk (Everyone)	\$0.50	\$0.50	Adults	\$2.50	\$3.50							1 Breakfast Banana Split Fruit Milk 100% Juice		FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA Fruit and Vegetable Milk	
			Breakfast	Lunch																								
		Reduced Student	\$0.30	\$0.40																								
		Paid Student	\$2.00	\$3.00																								
		Milk (Everyone)	\$0.50	\$0.50																								
Adults	\$2.50	\$3.50																										
*Please check your child's backpack for meal charges and make regular payments to their account.																												
4 WHOLE GRAIN CEREAL & SPORT CRACKERS Fruit, Milk 100% Fruit Juice	Chicken Nuggets & Scooby Cinnamon Sticks Fruit and Vegetable Milk	5 Oatmeal with Mixed Fruit Fruit, Milk 100% Fruit Juice	Orange Chicken and Broccoli over Rice Fruit and Vegetable Milk *	6 Whole Grain Bagel, Cream Cheese & Jelly Fruit, Milk 100% Fruit Juice	Quesadilla Fruit and Vegetable with shredded lettuce Milk *	7 Sausage, Biscuit & Jelly Fruit, Milk 100% Juice	Turkey Deli Sandwich Fruit and Vegetable Milk	8 Rainbow Parfaits Fruit Milk 100% Juice	FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA																			
11 WHOLE GRAIN CEREAL & SPORT CRACKERS Fruit Milk 100% Fruit Juice	CHICKEN NUGGETS & SCOOPY CINNAMON STICKS Fruit and Vegetable & Milk	12 Benefit Breakfast Bar Fruit Milk 100% Juice	Beef Burritos (beans, salsa & cheese) Fruit and Vegetable, Milk	13 WG Breakfast Bun Fruit Milk 100% Juice	Chicken Alfredo Twist & Bread Stick Fruit and Vegetable Milk	14 French Toast Fruit Milk 100% Fruit Juice	Cheeseburger Fruit and Vegetable Milk	15 Yogurt & Mini Muffins Fruit Milk 100% Juice	FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA Fruit and Vegetable Milk																			
18 WHOLE GRAIN CEREAL & SPORT CRACKERS Fruit, Milk, 100% Fruit Juice	CHICKEN NUGGETS & SCOOPY CINNAMON STICKS Fruit and Vegetable, Milk	19 Cinnamon Rolls Fruit, Milk 100% Juice	Sloppy Joes Fruit and Vegetable Milk	20 Oatmeal with Mixed Fruit Fruit, Milk 100% Fruit Juice	Holiday Meal with Dessert Fruit and Vegetable Milk	21 NO SCHOOL		22 NO SCHOOL																				
25 		26 		27 		28 		29 																				

Five full components must be **offered** for lunch: *Meat/Meat Alternate (M/MA) minimum 1 oz equivalent, grain minimum (G/B) 1 oz equivalent (all grain products must be whole grain rich)

*Vegetable (V) 3/4 cup *Fruit (F) 1/2 cup *Fluid Milk (M) 1 cup (fat-free unflavored/flavor or 1% low fat unflavored)

Example: A Reimbursable Meal must contain **three** of the five components. *Two full components (M/MA, G/B, M) and a fruit (F) or vegetable (V) component or a combination of F or V to make up the third component. At least 1/2 cup is required.