




Manton Elementary School

Breakfast & Lunch Menu, January 2018

Five full components must be **offered** for lunch:: *Meat/Meat Alternate (M/MA) minimum 1 oz equivalent, Grain/Bread minimum (G/B) 1 oz equivalent (all grain products must be whole grain rich) *Vegetable (V) 3/4 cup *Fruit (F) 1/2 cup

Monday		Tuesday		Wednesday		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) Vegetarian (V) available (order with teacher)				<p>* You may put extra money on the account to pay for meals. If not receiving a late charge from your teacher and your child is eating a hot lunch, please call or stop by for their account balance on a regular basis. Thank you.</p> 				<p>1-5th No School</p> 																		
		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Breakfast</th> <th>Lunch</th> </tr> </thead> <tbody> <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</td> <td>\$0.50</td> <td>\$0.50</td> </tr> <tr> <td>Adults</td> <td>\$2.50</td> <td>\$3.50</td> </tr> </tbody> </table>			Breakfast	Lunch	Reduced Student	\$0.30	\$0.40	Paid Student	\$2.00	\$3.00	Milk	\$0.50	\$0.50	Adults	\$2.50	\$3.50								
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8 Cereal and Crackers Fruit, Milk 100% Fruit Juice	Chicken Nuggets & Scooby Cinnamon Sticks Fruit and Veggies, Milk	*9 Waffles Fruit, Milk 100% Fruit Juice	Mandarin Chicken Fruit and Veggies, Milk	10 Bagels, Cream Cheese & Jelly Fruit, Milk, 100% Fruit Juice	Taco Sticks Fruit and Veggies w/ shredded lettuce Milk	11 Biscuit and Sausage Fruit, Milk 100% Juice	Cheeseburgers and Veggies Milk	12 Rainbow Parfait Fruit, Milk, 100% Juice	FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA Fruit and Veggies, Milk																	
15  NO SCHOOL		16 Breakfast Bun Fruit, Milk 100% Juice	Chicken Sandwich Fruit and Veggies, Milk	17 Oatmeal w/ Fruit Fruit Milk, 100% Juice	Shredded Pork Tacos Fruit and Veggies, Milk	18 French Toast Fruit Milk 100% Fruit Juice	Turkey Deli Sandwich Fruit and Veggies, Milk	19 Fruit Smoothies Fruit, Milk 100% Juice	FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA Fruit and Vegetable Salad Bar, Milk																	
22 Cereal and Crackers Fruit, Milk 100% Fruit Juice	CHICKEN NUGGETS & SCOOPY CINNAMON STICKS Fruit and Veggies, Milk	23 Waffles Fruit, Milk 100% Juice	Chicken (Corn) Tostada Bowls Fruit and Veggies, Milk	24 Bagels, Cream Cheese & Jelly Fruit, Milk 100% Fruit Juice	Corndogs Fruit, Milk 100% Fruit Juice	25 Pancakes Fruit Milk 100% Fruit Juice	Chicken & Cheese Enchilada Fruit, Milk 100% Fruit Juice	26 Breakfast Banana Split Fruit, Milk, 100% Juice	FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA Fruit and Vegetable Salad Bar, Milk																	
29 Cereal and Crackers Fruit Milk 100% Fruit Juice	CHICKEN NUGGETS & SCOOPY CINNAMON STICKS Fruit and Veggies, Milk	30 Banana Bread Fruit Milk 100% Juice	Beef Tacos Fruit and Veggies, Milk	31 Oatmeal w/ Fruit Fruit Milk 100% Fruit Juice	Teriyaki Chicken & Rice Fruit, Milk 100% Fruit Juice	1 Omelet and Biscuit Fruit Milk 100% Fruit Juice	Turkey Deli Sandwich Fruit Milk, 100% Fruit Juice	2 Yogurt & Crackers Fruit Milk 100% Juice	FRIDAY FUN DAY: CHEESE OR PEPPERONI PIZZA Fruit and Vegetable Salad Bar, Milk																	

*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. *One required component is a fruit or vegetable and then an additional 2 components must be added to make up a reimbursable meal.