

Antelope School District

Manton Elementary School

Breakfast and Lunch Menu April 2017

Monday		Taco Tuesday's		Wednesday		Thursday		Friday	
Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch	Breakfast	Lunch
3 <u>Whole Grain Cereal & Crackers:</u> Fruit Milk/Juice	<u>Chicken Nuggets & Crackers</u> Veggies Fruit, Juice & Milk	4 <u>Muffins or Cereal & Crackers</u> Fruit Milk/Juice	<u>Corn Dogs</u> Veggies Fruit, Juice & Milk	5 <u>Breakfast Burrito or Cereal & Crackers</u> Fruit Milk/Juice	<u>Beef Teriyaki Dunkers & Spanish Rice</u> Veggies Fruit, Juice & Milk	6 <u>Banana Bread or Cereal & Crackers</u> Fruit Milk/Juice	<u>Chinese Noodles</u> Veggies Fruit, Juice & Milk	7 <u>Breakfast Pizza or Cereal & Crackers.</u> Fruit, Milk & Juice	<u>Friday Fun Day: Pepperoni or Cheese Pizza</u> Colorful Veggies Fruit Milk & Juice
10 <u>Whole Grain Cereal & Crackers:</u> Fruit Milk/Juice	<u>Chicken Nuggets & Crackers</u> Veggies Fruit, Juice & Milk	11 <u>Bagels or Cereal & Crackers.</u> Fruit Milk/Juice	<u>Chicken Tostada</u> Veggies Fruit, Juice & Milk	12 <u>French Toast or Cereal & Crackers</u> Sticks Fruit Milk/Juice	<u>Turkey-Cheese Deli Sandwich & Cheezits</u> Veggies Fruit, Juice & Milk	13 <u>Whole Grain Breakfast Buns or Cereal & Crackers</u> Fruit Milk/Juice	<u>Grilled Ham & Cheese Veggies</u> Fruit, Juice & Milk	14 <u>Fruit Smoothies & Mini Muffin or Cereal & Crackers.</u> Fruit, Milk & Juice	<u>Friday Fun Day: Pepperoni or Cheese Pizza</u> Colorful Veggies Fruit Milk & Juice
Spring Break 17th – 21st									
24 <u>Whole Grain Cereal & Crackers:</u> Fruit Milk/Juice	<u>Chicken Nuggets & Crackers</u> Veggies Fruit, Juice & Milk	25 <u>Cinnamon Rolls, Sausage or Cereal & Crackers</u> Fruit, Milk/Juice	<u>Soft Tacos</u> Veggies Fruit, Juice & Milk	26 <u>Breakfast Pizza</u> Fruit Milk/Juice	<u>Rotini and Meat Sauce</u> Veggies Fruit, Juice & Milk	27 <u>Whole Grain Muffin or Cereal & Crackers</u> Fruit Milk/Juice	<u>Cheeseburger</u> Veggies Fruit, Juice & Milk	28 <u>Breakfast Banana Split or Cereal & Crackers.</u> Fruit, Milk & Juice	<u>Friday Fun Day: Pepperoni or Cheese Pizza</u> Veggies Fruit, Juice & Milk

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 the two to make the third. *At least 1/2 cup

Fruit Juice is 100% Juice

If your child(ren) receive free lunch and take only milk, they will be charged .50 cents

Menu subject to change

Antelope School District			
Breakfast - Students	Amount	Lunch - Students	Amount
Free Meal	\$0.00	Free Meal	\$0.00
Reduced Meal	\$0.30	Reduced Meal	\$0.40
Full Pay Meal	\$1.75	Full Pay Meal	\$2.75
Milk Only	\$0.50	Milk Only	\$0.50
Meal - Adult	\$2.25	Meal - Adult	\$3.25

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