



Mannheim
School District 83

December 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|
| 3 Strawberry Oat Bar Raisins 100% Fruit Juice | 4 Banana Bread Fresh Fruit 100% Fruit Juice | 5 Cereal Bar Vanilla Graham Bears Raisins 100% Fruit Juice | 6 Whole Grain Honey Bun Fresh Fruit 100% Fruit Juice | 7 Chocolate Chip Muffin Fresh Fruit 100% Fruit Juice |
| 10 Apple Oat Bar Fresh Fruit 100% Fruit Juice | 11 Blueberry Muffin Fresh Fruit 100% Fruit Juice | 12 Strawberry Pop Tart Fresh Fruit 100% Fruit Juice | 13 Mini Cinnis Fresh Fruit 100% Fruit Juice | 14 Cinnamon Pop tart Raisins 100% Fruit Juice |
| 17 Cereal Bar Vanilla Sport Grahams Raisins 100% Fruit Juice | 18 Berry Bread Fresh Fruit 100% Fruit Juice | 19 Chocolate Chip Oat Bar Fresh Fruit 100% Fruit Juice | 20 Blueberry Muffin Fresh fruit 100% Fruit Juice | 21 Banana Bread Raisins 100% Fruit Juice |
| 24 WINTER BREAK NO SCHOOL | 25 WINTER BREAK NO SCHOOL | 26 WINTER BREAK NO SCHOOL | 27 WINTER BREAK NO SCHOOL | 28 WINTER BREAK NO SCHOOL |
| 31 WINTER BREAK NO SCHOOL | | | | |

Breakfast
(Milk included with meal)
\$0.00

Milk
\$0.55

Questions about the menu?
Amber Rumsfeld
rumsfelda@D83.org
847-451-2704
For more information or to
"Ask the Dietitian", check
out our website!




Comprehensive nutrition
& allergy guides are
available in the
Foodservice Office.

(*) Contains Pork
Menu changes are occasionally
necessary. Notice will be given when
possible.