



Mannheim
School District 83

January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL
7	8	9	10	11
Cereal Bar Vanilla Sport Grahams Raisins 100% Fruit Juice	Cinnamon Pop Tart Fresh Fruit 100% Fruit Juice	Delayed Start Day	Whole Grain Honey Bun Fresh Fruit 100% Fruit Juice	Iced Cinnamon Bar Fresh Fruit 100% Fruit Juice
14	15	16	17	18
Yogurt Cinnamon Crisp Raisins 100% Fruit Juice	Blueberry Pop Tart Applesauce Cups 100% Fruit Juice	Banana Bread Fresh Fruit 100% Fruit Juice	Whole Grain Super Donut Raisins 100% Fruit Juice	Apple Oat Bar Raisins 100% Fruit Juice
21	22	23	24	25
No School	Cereal Bar Graham Cracker Fresh Fruit 100% Fruit Juice	Blueberry Muffin Fresh fruit 100% Fruit Juice	Strawberry Oat Bar Raisins 100% Fruit Juice	Powdered Sugar Donut Fresh Fruit 100% Fruit Juice
28	29	30	31	
Berry Bread Fresh Fruit 100% Fruit Juice	Cereal Bar Vanilla Graham Bears Raisins 100% Fruit Juice	Chocolate Chip Oat Bar Fresh Fruit 100% Fruit Juice	Bagel & Cream Cheese Applesauce 100% Fruit Juice	

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.

This institution is an equal opportunity employer.