



Mannheim School District 83 February 2019



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Strawberry Oat Bar Raisins 100% Fruit Juice
4 Cereal Bar Vanilla Sport Grahams Raisins 100% Fruit Juice	5 Cinnamon Pop Tart Fresh Fruit 100% Fruit Juice	6 Chocolate Chip Oat Bar Fresh Fruit 100% Fruit Juice	7 Whole Grain Honey Bun Fresh Fruit 100% Fruit Juice	8 Blueberry Pomegranate Bar Graham Cracker Fresh Fruit 100% Fruit Juice
11 Yogurt Cinnamon Crisp Raisins 100% Fruit Juice	12 Blueberry Pop Tart Applesauce Cups 100% Fruit Juice	13 Banana Bread Fresh Fruit 100% Fruit Juice	14 Whole Grain Super Donut Raisins 100% Fruit Juice	15 Apple Oat Bar Raisins 100% Fruit Juice
18 No School	19 Cereal Bar Graham Cracker Fresh Fruit 100% Fruit Juice	20 Blueberry Muffin Fresh fruit 100% Fruit Juice	21 Strawberry Oat Bar Raisins 100% Fruit Juice	22 Super Donut Fresh Fruit 100% Fruit Juice
25 Berry Bread Fresh Fruit 100% Fruit Juice	26 Cereal Bar Vanilla Graham Bears Raisins 100% Fruit Juice	27 Chocolate Chip Oat Bar Fresh Fruit 100% Fruit Juice	28 Bagel & Cream Cheese Applesauce 100% Fruit Juice	

Breakfast
(Milk included with meal)
\$0.00

Milk
\$0.55
A Variety of Milk is Available Daily

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.