

APRIL 2018

SOUTH BEND COMMUNITY SCHOOLS HEADSTART/PRE-K

Students may take 2 of one vegetable or 2 different vegetables to equal 1 cup. 8 oz. nonfat and low fat flavored & unflavored milk is served with all meals.

Monday

2

Tuesday

3

Wednesday

4

Thursday

5

Friday

6

Lunch

WG Chicken Tenders w/
Potato Wedges
WG Dinner Roll
Pineapple Tidbits
Breakfast
WG Breakfast Pizza

9

Lunch

Homestyle Salisbury Steak w/Gravy
Mash Potatoes
WG Dinner Roll
Cinnamon Applesauce
Breakfast
Smoothie or Yogurt w/WG Crackers

10

Lunch

Pepperoni Pizza
Whole Kernel Corn
Diced Pears
Breakfast
WG Sausage Cheese Round

11

Lunch

3 Cheese Panni
Broccoli
Peaches
Breakfast
WG Breakfast Wrap

12

Lunch

Monterey Chicken Patty on WG
Bun
Diced Carrots
Mixed Fruit
Breakfast
Mini Maple Waffles

13

Lunch

Pizza Dipper
Marinara Dipping Sauce
Whole Kernel Corn
Diced Peaches
Breakfast
Taco to Go

16

Lunch

Ranch Turkey Burger on WG Bun
French Fries
Mixed Fruit
Breakfast
Smoothie or Yogurt w/WG Cracker

17

Lunch

WG Crispy Chicken Tenders
WG Dinner Roll
Broccoli
Strawberries
Breakfast
WG Sausage Toast

18

Lunch

WG Rotini Bake W/Meatsauce
Garlic Toast
Green Beans
Diced Pears
Breakfast
WG Breakfast Slider

19

Lunch

Hot Dog on WG Bun w/
Potato Rounds
Applesauce
Breakfast
Uncrustable

20

Lunch

Pancakes & Sausage
Vegetable Juice
Diced Peaches
Breakfast
WG French Toast

23

Lunch

BBQ Chicken on WG Bun
Whole Kernel Corn
Diced Pears
Breakfast
Smoothie or Yogurt w/WG Cracker

24

Lunch

Chicken Nuggets
w/Potato Rounds
WG Dinner Rolls
Mixed Fruit
Breakfast
Mini Cinnamon Bagel

25

Lunch

Cheese Pizza
Broccoli
Applesauce
Breakfast
WG Breakfast Wrap

26

Lunch

Taco Meat
WG Chips
Garden Vegetables
Pineapple Tidbits
Breakfast
WG Mini Cinnamon Waffles

27

Lunch

WG Popcorn Chicken
WG Dinner Roll
Whole Kernel Corn
Diced Peaches
Breakfast
WG Mini Blueberry Pancakes

30

This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades

