

South Bend Community School Corporation

Middle School Menu

December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>December 3 WG Chicken Smackers -10 WG Dinner Roll -1 oz. *Pulled Pork on WG Bun Broccoli-1/2 cup Pineapple Tidbits- ½ cup</p>	<p>WG Smothered Burrito Chicken Philly on WG Roll Refried Beans Romaine Side Salad -1 cup Corn- ½ cup Applesauce - ½ cup Salsa- 2 oz./Sour Cream</p>	<p>Italian Meat Ball Sub on WG Bun WG French Bread Pizza-1 Marinara Sauce-2 oz. Cheesy Broccoli-1/2 cup Peaches-1/2 cup</p>	<p>Orange Chicken w/ Not Fried Brown Rice-1/2 cup *Pork Chop on WG Bun Mixed Vegetables-1/2 cup Mandarin Oranges-/12 cup</p>	<p>BD Pizza Manager's Choice Carrots - 1/2 cup Mixed Fruit-1/2c</p>
<p>December 10 Chicken Tenders-4 Spicy/Reg. Meat Loaf Sandwich on WG Bun Sweet Potato Fries =1/2 cup Pears- ½ cup</p>	<p>Chicken & Cheese Quesadilla Southwest Philly on WG Bun Shredded Romaine Lettuce -1 cup Salsa- 2 oz./Sour Cream Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup</p>	<p>WG Spaghetti W/ Meat Sauce WG Garlic Bread -1 Fish Sticks 4 w/Garlic Bread 1 Small Romaine Salad w/tomato Broccoli -1/2 c Peaches- ½ cup</p>	<p>Baked Chicken Mashed Potatoes w/Gravy- 1/2c WG Dinner Roll-1 Green Beans-1/2 cup Applesauce-1/2 cup</p>	<p>Hamburger on WG Bun Manager's Choice Peas- ½ cup Mixed Fruit- ½ cup 100 % Juice- 6 oz. – ¾ cup</p>
<p>December 17 Chicken Patty on WG Bun WG Bosco Stick W/Marinara French Fries- 1 serving Cooked Carrots-1/2 cup Rosy Applesauce- ½ cup</p>	<p>Walking Taco Corn Dog Refried Beans-1/2 cup Golden Corn-1/2 cup Shredded Romaine Lettuce Salsa Mixed Fruit-/12 cup</p>	<p>WG Mac & Cheese Beef & Cheese Philly on WG Bun Peas-1/2 cup Pears -1/2 cup</p>	<p>WG Pizza Buffalo Pizza Manager's Choice Broccoli-1/2 cup Diced Peaches-1/2 cup</p>	

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.

Offered Daily: Chef Salad, Deli Sandwiches PBJ Sandwich, Cheese Sandwich, and Yogurt, Cheese, Cracker Grab –n- Go, Fresh Fruit and Vegetables offered Daily

*Contains Pork

Menu Subject to Change

This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades