

DECEMBER 2018

South Bend Community Schools Elementary Menu

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, PBJ Sandwich, Cheese Sandwich, or Yogurt, Cheese, or Cracker Grab –n- Go, a Verity of Fresh Fruits & Veggies.

Monday

Breakfast 3
WG French Toast

Lunch
Chicken Nuggets w/Dinner Roll (1 oz.)
Maple Roasted Sweet Pot. 1ser.
Pineapple Tidbits- 1/2 cup

Breakfast 10
WG Strawberry Mini Bagel

Lunch
Chicken Patty w/WG Bun
Sweet Potato Fries
Diced Peaches-1/2c

Breakfast 17
WG Breakfast Slider

Lunch
Spaghetti w/Meat Sauce w/Garlic Toast
Green Beans-1/2 cup
Mixed Fruit-1/2 cup

Breakfast 24

Breakfast 31

Tuesday

Breakfast 4
Eqqstravaganza w/Toast

Lunch
WG Burrito
Corn-1/2 cup
Diced Pears-1/2 cup

Breakfast 11
WG Sausage Cheese Brk. Round

Lunch
Walking Taco Salad
WG Chips
Corn- 1/2 cup
Diced Pears-1/2 cup

Breakfast 18
WG Blueberry Pancakes

Lunch
WG Chicken & Cheese Quesadilla
Refried Beans-1/2 cup
Diced Peaches-1/2 cup

Breakfast 25

Wednesday

Breakfast 5
Yogurt w/1/2 Bagel

Lunch
WG French Toast
Sausage Patty
Hash Brown Rounds
Applesauce-1/2 cup

Breakfast 12
Yogurt w/1/2 Bagel

Lunch
WG Pizza
Broccoli-1/2 cup
Fresh Fruit-1/2 cup

Breakfast 19
Yogurt w/1/2 Bagel

Lunch
Hot Dog w/WG Bun
Baked Beans
Diced Pears-1/2 cup

Breakfast 26

Thursday

Breakfast 6
WG Breakfast Wrap

Lunch
Lings Orange Chicken
Schwan's Rice or Brown Rice Recipe
Peas and Carrots 1/2c
Mandarin Oranges-1/2 c

Breakfast 13
WG Gingerbread Cookie

Lunch
Baked Chicken WG Dinner Roll -1
Mashed Potatoes-1/2 cup w/Gravy
Green Beans-1/2 cup
Baked Apples-1/2 /cup

Breakfast 20
WG Breakfast Wrap

Lunch
WG Pizza – 1
Corn- 1/2 cup
Fresh Fruit- 1/2 cup

Breakfast 27

Friday

Breakfast 7
Mini Cinnamon Waffles

Lunch
Cheese Rippers w/Marinara Sauce
Baked Beans -1/2 cup
Mixed Fruit-1/2 c

Breakfast 14
French Toast

Lunch
Mozzarella sticks w/Marinara Sauce
Spinach Romaine Salad w/Cucumber– 1 cup
Broccoli-1/2 cup
Mixed Fruit-1/2c

Breakfast 21

Breakfast 28



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