

DECEMBER 2018

South Bend Community Schools Head Start/Pre-K Menu

Monday

Breakfast **3**
 WG Cereal W/Cracker
Lunch
 Pizza Dippers w/Marinara Dipping Sauce
 Green Beans-1/2 cup
 Pineapple Tidbits- 1/2 cup

Breakfast **10**
 WG Cereal W/Cracker
Lunch
 Chili
 Chips (1)
 Mixed Vegetables-1/2 cup
 Diced Peaches-1/2 cup

Breakfast **17**
 WG Cereal W/Cracker
Lunch
 WG Penne Pasta w/Meat Sauce
 WG Garlic Bread
 Green Beans-1/2 cup
 Mixed Fruit-1/2 cup

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Tuesday

Breakfast **4**
 Eqqstravaganza w/Toast
Lunch
 Chicken Tenders w/Potato Wedges
 WG Dinner Roll
 Diced Pears-1/2 cup

Breakfast **11**
 WG Sausage Cheese Brk. Round
Lunch
 WG Cheese Pizza
 Green Beans-1/2 cup
 Diced Pears-1/2 cup

Breakfast **18**
 WG Blueberry Pancakes
Lunch
 Chicken Taco w/WG Chips (1)
 Whole Kernel Corn
 Diced Peaches-1/2 cup

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Wednesday

Breakfast **5**
 WG Cereal w/Cracker
Lunch
 Bean & Cheese Burrito
 Whole Kernel Corn
 Applesauce-1/2 cup

Breakfast **12**
 WG Cereal W/Cracker
Lunch
 Charbroiled Hamburger on WG Bun
 Whole Kernel Corn-1/2 cup
 Applesauce-1/2 cup

Breakfast **19**
 WG Cereal W/Cracker
Lunch
 Crispy Chicken Patty on WG Bun
 Baked Beans-1
 Diced Pears-1/2 cup

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Thursday

Breakfast **6**
 WG Breakfast Wrap
Lunch
 Popcorn Chicken w/WG Dinner Roll
 Mixed Vegetables
 Mandarin Oranges-1/2 cup

Breakfast **13**
 Mini Waffles
Lunch
 Chicken Alfredo Pasta w/ WG Garlic Bread
 Broccoli-1/2 cup
 Baked Apples-1/2 /cup

Breakfast **20**
 WG Breakfast Wrap
Lunch
 WG Pizza — 1
 Broccoli- 1/2 cup
 Fresh Fruit- 1/2 cup

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Friday

Breakfast **7**
 Mini Cinnamon Waffles
Lunch
 Salisbury Steak w/Mashed Potatoes
 Dinner Roll (1)
 Mixed Fruit-1/2 cup

Breakfast **14**
 French Toast
Lunch
 Cold Sandwich
 Baked Beans
 Mixed Fruit-1/2 cup

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