

South Bend Community School Corporation

High School Menu

December 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>December 3 Hamburger on WG Bun French Bread Pizza-1 Marinara Sauce-2 oz. French Fries-1 serv. Peas-1/2 cup Applesauce -1/2 cup</p>	<p>Smothered Burrito Boom Boom Turkey Ruben Refried Beans Romaine Side Salad -1 cup Corn- ½ cup Pears - ½ cup</p>	<p>Chicken WG Penne w/Garlic Bread Southwestern Philly-Cheese Broccoli-1/2 cup Peaches- ½ cup</p>	<p>Asian Chicken Stir Fry (recipe) GoldKist Popcorn Chicken With Brown Rice- 1 cup Hot Dog on WG Bun Carrots -1/2 c Mandarin Oranges - ½ cup</p>	<p>Calzone -1 Manager's Choice =2 grains Mixed Vegetables -1/2 cup Corn - 1/2 cup Mixed Fruit- ½ cup 100% Fruit Juice- 6 oz.</p>
	<p>December 10 Chicken Chunks-5 WG/Dinner Roll Sloppy Joe on WG Bun Sweet Potato Fries- 1 ser. Prince Edward Blend-1/2 c Diced Pears- ½ cup</p>	<p>Taco Salad w/ 2 Tostitos Chicken Philly on WG Bun Shredded Romaine Lettuce Salsa- 2 oz. Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup</p>	<p>BD WG Pizza *Pork Chop on WG Bun Broccoli-1/2 cup Peaches- ½ cup</p>	<p>Baked Chicken Mashed Potatoes & Gravy WG Dinner Roll Corn—1/2 cup Baked Apples-1/2 cup</p>	<p>Fish Filet on WG Bun Manager's Choice = 2 grains Calf. Blend- ½ cup Pears-1/2 cup</p>
	<p>December 17 Chicken Tenders -4 (Tyson) With Dinner Roll-1 *Pulled Pork on WG Bun Potato Wedges-1 ser. Cheesy Broccoli -1/2 cup Pineapple Tidbits- ½ cup</p>	<p>Beef & Cheese Nachos w/Tostito Chips-2 *Bratwurst/ WG Bun Shredded Romaine Lettuce -1c Salsa- 2 oz. Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup</p>	<p>Chicken Filet on WG Bun American Steak Philly on WG Bun Peas and Carrots-1/2 cup Applesauce-1/2 cup</p>	<p>BD WG Pizza Manager's Choice = 2 grains Green Beans-1/2 cup Peaches- ½ 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, PBJ Sandwich, Cheese Sandwich, and Yogurt, Cheese, Cracker, Grab -n- Go. Fresh Fruit and Vegetables offered Daily.

*Contains Pork

Menus are Subject to Change

*This institution is an equal opportunity provider.
 Esta institución es un proveedor que ofrece igualdad de oportunidades*