

# FEBRUARY 2019

## K – 8 MENU

SOUTH BEND COMMUNITY SCHOOL

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

WG Cinnamon Mini Bagels

#### Lunch

Chicken Patty on WG Bun  
French Fries  
Veggie Pack  
Peaches

4

#### Breakfast

WG French Toast

#### Lunch

Chicken Tenders w/Waffle Stick  
Maple Roasted Sweet Potatoes  
Veggie Pack  
Baked Apples

11

18

#### Breakfast

WG Breakfast Slider

#### Lunch

Chicken Smackers w/Dinner Roll  
Broccoli  
Veggie Pack  
Mixed Fruit

25

### Tuesday



#### Breakfast

WG Breakfast Pizza

#### Lunch

Nacho Ole' on Tostitos  
Refried Beans  
Veggie Pack  
Mixed Fruit

5

#### Breakfast

Eqqstravaganza w/1 grain

#### Lunch

Chicken Taco  
Corn  
Veggie Pack  
Pears

12

#### Breakfast

WG Maple Pancake on a Stick

#### Lunch

Meat Loaf on WG Bun  
Mashed Potatoes w/Gravy  
Veggie Pack  
Pears

19

#### Breakfast

WG Blueberry Pancakes

#### Lunch

Corn Dog w/WG Mac "N" Cheese  
Baked Beans  
Veggie Pack  
Peaches

26

### Wednesday

#### Breakfast

Smoothie w/1 grain

#### Lunch

Chicken Penne w/Garlic Breadstick  
Steamed Broccoli  
Veggie Pack  
Fresh Fruit

6

#### Breakfast

Yogurt Parfait w/1 grain

#### Lunch

Italian Meatball Sub on WG Bun  
Cheesy Broccoli  
Veggie Pack  
Peaches

13

#### Breakfast

Smoothie w/1 grain

#### Lunch

WG Spaghetti w/Meat Sauce w/Garlic Bread  
Steamed Broccoli  
Veggie Pack  
Fresh Fruit

20

#### Breakfast

Yogurt Parfait w/1 grain

#### Lunch

Pizza  
Green Beans  
Veggie Pack  
Fresh Fruit

27

### Thursday

#### Breakfast

Breakfast Bowl

#### Lunch

Asian Orange Chicken w/Brown Rice  
Green Beans  
Veggie Pack  
Pears

7

#### Breakfast

WG Breakfast Burrito

#### Lunch

Hot Dog on WG Bun  
Baked Beans  
Veggie Pack  
Frozen Fruit Cup

14

#### Breakfast

WG Sausage Cheese Brk. Pizza

#### Lunch

Scrambled Eggs W/Biscuit w/Sausage Patty  
Hash Browns  
Veggie Pack  
Baked Apples

21

#### Breakfast

Cheese Omelet w/1 grain

#### Lunch

\*Pulled Pork on WG Bun W/Baked Potato Chips  
California Blend  
Veggie Pack  
Applesauce

28

### Friday

#### Breakfast

WG Uncrustable

#### Lunch

Fish Filet on WG Bun  
Veggie Pac  
Smile Potatoes  
Pears

1

#### Breakfast

Mini Pancakes

#### Lunch

Cheese Rippers w/Marinara Sauce  
Side Salad  
Veggie Pack  
Applesauce

8

#### Breakfast

WG Mini Cinnamon Waffle

#### Lunch

Pizza  
Romaine/Spinach Salad  
Veggie Pack  
Mixed Fruit

15

#### Breakfast

WG French Toast

#### Lunch

Double Cheeseburger on WG Bun  
Peas  
Veggie Pack  
Frozen Berries

22



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

Menu Notes: \*Contains Pork, 4 oz. Juice and/or Fresh Fruit served w/Breakfast: WG Cereal w/WG Crackers available at Breakfast Menus are subject to change.