

FEBRUARY 2019

8 oz. nonfat and low fat flavored & unflavored milk is served with all meals.

SOUTH BEND COMMUNITY SCHOOL

Head Start / Pre-K

Monday

Tuesday

Wednesday

Thursday

Friday



Breakfast
WG Cinnamon Mini Bagels

Lunch
Pancake & Sausage
Potato Rounds
Peaches

4

Breakfast
WG Breakfast Pizza

Lunch
Cheese Pizza
Green Beans
Mixed Fruit

5

Breakfast
Cereal

Lunch
Chicken Nuggets w/Dinner Roll
Broccoli
Applesauce

6

Breakfast
Strawberry Mini Bagels

Lunch
Salisbury Steak w/Gravy
Mashed Potatoes
Pears

7

Breakfast
Mini Pancakes

Lunch
Deli Sandwich
Maple Baked Beans
Applesauce

8

Breakfast
WG French Toast

Lunch
Pepperoni Pizza
Green Beans
Baked Apples

11

Breakfast
Mini Waffle

Lunch
Bean & Cheese Burrito
Corn
Pears

12

Breakfast
Cereal

Lunch
Chicken Nuggets w/Dinner Roll
Fiesta Beans
Peaches

13

Breakfast
WG Breakfast Burrito

Lunch
Mac & Cheese w/Dinner Roll
Broccoli
Frozen Fruit Cup

14

Breakfast
WG Mini Cinnamon Waffle

Lunch
Stloppy Joe on WG Bun
Mixed Vegetables
Mixed Fruit

15

Breakfast
WG French Toast

Lunch
Chicken Patty on WG Bun
Broccoli
Mixed Fruit

18

Breakfast
Mini Pancake

Lunch
Taco Meat w/WG Tortilla Shell
Corn
Pears

19

Breakfast
Cereal

Lunch
Charbroiled Hamburger on WG Bun
French Fries
Veggie Pack
Peaches

20

Breakfast
WG Sausage Cheese Brk. Pizza

Lunch
Pizza Dippers
Marinara Dipping Sauce
Baked Apples

21

Breakfast
WG French Toast

Lunch
Chicken Patty on WG Bun
Broccoli
Mixed Fruit

22

Breakfast
WG Breakfast Slider

Lunch
Deli Sandwich
Mixed Vegetables
Mixed Fruit

25

Breakfast
WG Blueberry Pancakes

Lunch
3 Cheese Panini
Tomato Soup
Peaches

26

Breakfast
Cereal

Lunch
PBBQ Chicken w/Tortilla Chips
Maple Baked Beans
Pears

27

Breakfast
Cheese Omelet w/1 grain

Lunch
Chili w/Corn Muffin
French Fries
Applesauce

28



*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.