

JANUARY 2018

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

South Bend Community Schools

Pre-K & Head Start

Monday

Menu Notes: *Contains Pork **1**
4 oz. Juice and/or Fresh Fruit served w/Breakfast
WG Cereal w/WG Crackers available at Breakfast

Lunch **8**
 Country Chicken Combo
 Garden Vegetables
 Dinner Roll
 Pineapple Tidbits
Breakfast
 Cereal

No School **15**

Lunch **22**
 Pizza Dipper
 Marinara Sauce
 Garden Vegetables
 Diced Peaches
Breakfast
 WG French Toast

Lunch **29**
 WG Chicken Nuggets w/
 Potato Rounds
 Dinner Roll
 Diced Peaches
Breakfast
 WG Mini Blueberry Pancakes

Tuesday

2

Lunch **9**
 Cheese Pizza
 Green Beans
 Cinnamon Applesauce
Breakfast
 Cinnamon Mini Bagel

Lunch **16**
 WG Chicken Nuggets w/
 Potato Rounds
 Dinner Roll
 Mixed Fruit
Breakfast
 WG Mini Pancakes

Lunch **23**
 Chicken Drumstick w/
 Potato Rounds
 Dinner Roll
 Diced Pears
Breakfast
 Cereal

Lunch **30**
 Toasted Cheese Sandwich
 Tomato Soup
 Applesauce
Breakfast
 WG Breakfast Boat

Wednesday

3

Lunch **10**
 Chili
 Carrots
 Dinner Roll
 Mixed Fruit
Breakfast
 WG Breakfast Slider

Lunch **17**
 Cheeseburger on WG Bun
 Whole Kernel Corn
 Pineapple Tidbits
Breakfast
 WG Sausage Toast

Lunch **24**
 Taco Meat
 WG Chips
 Refried Beans
 Mixed Fruit
Breakfast
 Mini Strawberry Bagel

Lunch **31**
 Crispy Chicken Fillet on WG Bun
 Maple Baked Beans
 Mixed Fruit
Breakfast
 WG Egg & Cheese Pocket

Thursday

4

Lunch **11**
 Ranch Turkey Burger
 On WG Bun
 Broccoli
 Peaches
Breakfast
 WG Breakfast Wrap

Lunch **18**
 Cheesy Chicken Vegetable Stew
 Dinner Roll
 Broccoli
 Pears
Breakfast
 WG Breakfast Slider

Lunch **25**
 Popcorn Chicken
 Broccoli
 Dinner Roll
 Mandarin Oranges
Breakfast
 WG Breakfast Wrap

Friday

5

Lunch **12**
 Hot Dog w/
 Potato Rounds
 Pears
Breakfast
 Mini Maple Waffles

Lunch **19**
 Bagel Dog
 Garden Vegetables
 Applesauce
 Pears
Breakfast
 Uncrustable

Lunch **26**
 Salisbury Steak w/Gravy
 Mashed Potatoes
 Dinner Roll
 Apple Sauce
Breakfast
 WG Mini Cinnamon Waffles

This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades