

JANUARY 2019

South Bend Community Schools Elementary II Menu

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

Tuesday

Wednesday

Thursday

Friday

2019

Breakfast 7
WG Breakfast Slider
Lunch
Pancake & Sausage
Potato Rounds-1/2 cup
Veggie Pac-1/2 cup
Mixed Fruit-1/2 cup

Breakfast 8
WG Blueberry Pancakes
Lunch
French Bread Pizza
Green Beans-1/2 cup
Veggie Pack-1/2 cup
Diced Peaches-1/2 cup

Breakfast 9
Yogurt w/1/2 Bagel
Lunch
Chicken Nuggets w/WG Dinner Roll
Broccoli-1/2 cup
Veggie Pack-1/2 cup
Mandarin Oranges-1/2 c

Breakfast 10
WG Strawberry Mini Bagel
Lunch
Salisbury Steak w/Mashed Potatoes
WG Dinner Roll
Veggie Pack-1/2 cup
Diced Peaches-1/2c

Breakfast 11
Mini Cinnamon Waffles
Lunch
Deli Sandwich
Baked Beans-1/2 cup
Veggie Pack-1/2 cup
Mixed Fruit-1/2 c

Breakfast 14
WG Cinnamon Mini Bagels (1)
Lunch
WG Pepperoni Pizza
Green Beans-1/2 cup
Veggie Pack-1/2 cup
Diced Peaches-1/2 cup

Breakfast 15
Taco-to-Go
Lunch
Bean & Cheese Burrito
Corn-1/2 cup
Veggie Pack-1/2 cup
Mixed Fruit - 1/2 cup

Breakfast 16
Yogurt w/1/2 Bagel
Lunch
Chicken Drumstick w/Potato Rounds
WG Dinner Roll
Fiesta Beans- 1/2 cup Veggie Pack-1/2 cup
Pears-1/2 cup

Breakfast 17
WG Mini Pancakes
Lunch
Mac & Cheese w/WG Dinner Roll
Broccoli-1/2 cup
Veggie Pack-1/2 cup
Applesauce-1/2 cup

Breakfast 18
Pancake on a Stick (1)
Lunch
Sloppy Joe on WG Bun
Mixed Vegetables-1/2 c Veggie Pack-1/2 cp
Fresh Fruit- 1/2 cup

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Breakfast 22
WG French Toast
Lunch
Taco Meat w/Chips
Corn-1/2 cup
Diced Pears-1/2 cup

Breakfast 23
Yogurt w/1/2 Bagel
Lunch
Charbroiled Hamburger on WG Bun
French Fries-1 serving
Baked Apples-1/2 cup

Breakfast 24
WG Breakfast Wrap
Lunch
Pizza Dippers
Marinara Dipping Sauce
Green Beans- 1/2c
Mandarin Oranges-1/2 c

Breakfast 25
Mini Cinnamon Waffles
Lunch
Crispy Chicken Patty on WG Bun
Broccoli -1/2 cup
Mixed Fruit-1/2 c

Breakfast 28
WG Strawberry Mini Bagel
Lunch
3 Cheese Panni (WG)
Mixed Vegetables-1/2 cup
Diced Peaches-1/2c

Breakfast 29
WG Sausage Cheese Brk. Round
Lunch
BBQ Chicken W/WG Bun
Maple Baked Beans 1/2 cup
Diced Pears-1/2 cup

Breakfast 30
Smoothie w/Crackers
Lunch
Chili w/WG Chips
French Fries- 1/2 cup
Fresh Fruit- 1/2 cup

Breakfast 31
French Toast
Lunch
Ranch Turkey Burger on WG Bun
Broccoli-1/2 cup
Mixed Fruit-1/2c

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Esta institución es un proveedor que ofrece igualdad de oportunidades*

