

MARCH 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.

1

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast
WG Cinnamon Mini Bagels
Lunch
Chicken Patty on WG Bun
French Fries
Veggie Pack
Peaches

4

Breakfast
WG Breakfast Pizza
Lunch
Nacho Ole' on Tostitos
Refried Beans
Veggie Pack
Mixed Fruit

5

Breakfast
Smoothie w/1 grain
Lunch
Chicken Penne w/Garlic Breadstick
Steamed Broccoli
Veggie Pack
Fresh Fruit

6

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

7

Breakfast
Mini Pancakes
Lunch
Cheese Bippers w/Marinara Sauce
Side Salad
Veggie Pack
Applesauce

8

Breakfast
WG French Toast
Lunch
Chicken Tenders w/Waffle Stick
Maple Roasted Sweet Potatoes
Veggie Pack
Baked Apples

11

Breakfast
Eqqstravaganza w/1 grain
Lunch
Chicken Taco
Corn
Veggie Pack
Pears

12

Breakfast
Yogurt Parfait w/1 grain
Lunch
Italian Meatball Sub on WG Bun
Cheesy Broccoli
Veggie Pack
Peaches

13

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

14

Breakfast
Lunch

15

Breakfast
Strawberry Mini Bagel
Lunch
Southwest Philly on WG Bun
Black Bean Fiesta- 1/2 cup
Veggie Pack- 1/2 cup
Peaches- 1/2 cup

18

Breakfast
WG Maple Pancake on a Stick
Lunch
Meat Loaf on WG Bun
Mashed Potatoes w/Gravy
Veggie Pack
Pears

19

Breakfast
Smoothie w/1 grain
Lunch
WG Spaghetti w/Meat Sauce w/Garlic Bread
Steamed Broccoli
Veggie Pack
Fresh Fruit

20

Breakfast
WG Sausage Cheese Brk. Pizza
Lunch
Scrambled Eggs W/Biscuit w/Sausage Patty
Hash Browns
Veggie Pack
Baked Apples

21

Breakfast
WG French Toast
Lunch
Double Cheeseburger on WG Bun
Peas
Veggie Pack
Frozen Berries

22

Breakfast
WG Breakfast Slider
Lunch
Chicken Smackers w/Dinner Roll
Broccoli
Veggie Pack
Mixed Fruit

25

Breakfast
WG Blueberry Pancakes
Lunch
Corn Dog w/WG Mac "N" Cheese
Baked Beans
Veggie Pack
Peaches

26

Breakfast
Yogurt Parfait w/1 grain
Lunch
Pizza
Green Beans
Veggie Pack
Fresh Fruit

27

Breakfast
Cheese Omelet w/1 grain
Lunch
*Pulled Pork on WG Bun W/Baked Potato Chips
California Blend
Veggie Pack
Applesauce

28

Breakfast
Uncrustable
Lunch
Fish Filet on WG Bun
Veggie Pack- 1/2 cup
Emoji Potato- 1/2 cup
Pears- 1/2 cup

29

*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.

