

South Bend Community School Corporation

High School Menu

November 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>October 30 Dilled Chicken Breast (Proview) on WG Bun American Cheese Steak on WG Hoagie Roll Carrots-1/2 cup Rosy Applesauce -1/2 cup</p>	<p>WG Chicken Fiesta Stick W/Salsa & Sour Cream BBQ Beef Rib on WG Bun Black Bean Fiesta- ½ cup Romaine Side Salad Mixed Fruit</p>	<p>French Bread Pizza w/Marinara Sauce Southwestern Philly-Cheese Green Beans-1/2 cup Peaches-1/2 cup</p>	<p>*Firecracker Pork With Brown Rice- 1 cup WG Ham & Cheese Stuffer- Broccoli –1/2 c Mandarin Oranges – ½ cup</p>	<p>Bosco Stick-2 Marinara Sauce- 2 oz. Managers Choice-2 grains Spinach -1/2 cup Corn- ½ cup Pears-1/2 cup</p>
	<p>November 6 Quesadilla Burger Chicken Chunks w/WG Dinner Roll Sweet Potato Fries-1 serv. Peas-1/2 cup Applesauce -1/2 cup</p>	<p>Smothered Burrito Chicken Philly Sandwich Black Bean Fiesta-1/2 c. Romaine Lettuce w/Tomato Pineapple Tidbits - ½ cup</p>	<p>BD SCHOOL PIZZA *Pork Chop on WG Bun Broccoli-1/2 cup Peaches ½ cup</p>	<p>Asian Chicken Stir Fry (recipe)GoldKist Popcorn Chicken With Brown Rice- 1 cup Fish on WG Bun Green Beans –1/2 c Mandarin Oranges – ½ cup</p>	<p>Calzone -1 Manager's Choice - 2 Gr Mixed Vegetables -1/2 cup Baby Carrots w/ Dip – ¾ cup Mixed Fruit- ½ cup Frozen Fruit Cup-1/2 c</p>
	<p>November 13 Boom Boom Chicken Chunks-5 WG/Dinner Roll Sloppy Joe on WG Bun Sweet Potato Fries- 1 ser. Prince Edward Blend-1/2 c Diced Pears– ½ cup</p>	<p>Beef & Cheese Nachos (JTM) w/Tostito Chips-2 *Bratwurst/ WG Bun Shredded Romaine Lettuce -1 cup Salsa- 2 oz. Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup</p>	<p>WG Spaghetti W/ Meat Sauce Garlic Bread -1 Hot Dog on WG Bun Twister Fries-1 ser. Or Broccoli-1/2 cup Peaches- ½ cup</p>	<p>Sliced Turkey Mashed Potatoes-1/2 cup Green Beans-1/2 cup Gravy-1oz. Mandarin Oranger-1/2 cup Pumpkin Pie</p>	<p>Beacon Street Stuffed Sandwich Manager's Choice California Blend-1/2 cup Spinach-1/2 Cup 100% Fruit Juice-1</p>
	<p>November 20 Chicken Tenders -4 (Tyson) With Dinner Roll-1 *Pork Chop on WG Bun Sweet Potato Fries-1 ser. Green Beans -1/2 cup Pineapple Tidbits- ½ cup</p>	<p>Taco (Taco Sauce & Sour Cream) Shredded Romaine Lettuce -1C Salsa- 2 oz Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup</p>	<p>NO SCHOOL</p>	<p>HAPPY THANKSGIVING</p>	<p>HAPPY DAY AFTER THANKSGIVING</p>
	<p>November 27 Dilled Chicken Breast (Proview) on WG Bun American Cheese Steak on WG Hoagie Roll Carrots-1/2 cup Rosy Applesauce -1/2 cup</p>	<p>Taco Pizza W/Salsa & Sour Cream BBQ Beef Rib on WG Bun Black Bean Fiesta- ½ cup Romaine Side Salad Mixed Fruit</p>	<p>Italian Meat Ball Sub on WG WG French Bread Pizza w/Marinara S. Green Beans-1/2 cup Peaches-1/2 cup</p>	<p>Ling's General Tso Chicken With Fried Rice Fish on WG Bun Carrots-1/2 cup Mandarin Oranges – ½ cup</p>	

FRIDAY'S - Mangers Choices MUST be at least 2 grain equivalents'. Students may take 2 scoops of fruits and vegetables
 8 oz. milk offered with all meals

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

