

# NOVEMBER 2018

## South Bend Community Schools-Elementary 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



**5**  
**Breakfast**  
WG French Toast  
**Lunch**  
Chicken Nuggets w/Dinner Roll (1 oz.)  
Maple Roasted Sweet Pot. 1ser.  
Pineapple Tidbits- 1/2 cup

**6**

**7**  
**Breakfast**  
Smoothie w/Crackers  
**Lunch**  
WG French Toast  
Sausage Patty  
Hash Brown Rounds  
Baked Apples

**1**  
**Breakfast**  
Breakfast Bowl  
**Lunch**  
Cheeseburger on WG Bun-1  
Sweet Potato Fries – 1/2 cup  
Pears-1/2 cup

**2**  
**Breakfast**  
WG Mini Pancakes  
**Lunch**  
Fish Sticks-4  
Cheesy Broccoli-1/2 cup  
Applesauce-1/2 cup

**12**  
**Breakfast**  
WG Strawberry Mini Bagel  
**Lunch**  
Chicken Patty w/WG Bun  
Sweet Potato Fries  
Diced Peaches-1/2c

**13**  
**Breakfast**  
WG Sausage Cheese Brk. Round  
**Lunch**  
Walking Taco Salad  
WG Chips  
Corn- 1/2 cup  
Diced Pears-1/2 cup

**14**  
**Breakfast**  
Smoothie w/Crackers  
**Lunch**  
WG Pizza  
Broccoli-1/2 cup  
Fresh Fruit-1/2 cup

**8**  
**Breakfast**  
WG Breakfast Wrap  
**Lunch**  
Lings Orange Chicken  
Schwan's Rice or Brown Rice Recipe  
Peas and Carrots 1/2c  
Mandarin Oranges-1/2 c

**9**  
**Breakfast**  
Mini Cinnamon Waffles  
**Lunch**  
Cheese Rippers w/Marinara Sauce  
Baked Beans -1/2 cup  
Mixed Fruit-1/2 c

**15**  
**Breakfast**  
WG Gingerbread Cookie  
**Lunch**  
Turkey & Gravy WG Dinner Roll -1  
Mashed Potatoes-1/2 cup  
Green Beans-1/2 cup  
Rosy Applesauce-1/2 /cyo  
Holiday Cookie-(1)

**16**  
**Breakfast**  
French Toast  
**Lunch**  
Hot Dog w/WG Bun  
Baked Beans  
Mixed Fruit-1/2c

**19**  
**Breakfast**  
WG Breakfast Slider  
**Lunch**  
Spaghetti w/Meat Sauce w/Garlic Toast  
Green Beans-1/2 cup  
Mixed Fruit-1/2 cup

**20**  
**Breakfast**  
WG Blueberry Pancakes  
**Lunch**  
WG Chicken & Cheese Quesadilla  
Refried Beans-1/2 cup  
Diced Peaches-1/2 cup

**21**

**22**

**23**

**26**  
**Breakfast**  
WG Cinnamon Mini Bagels (1)  
**Lunch**  
WG Chicken Tenders (3)  
w/WG-Dinner Roll  
Baked Beans-1/2 cup  
Diced Peaches-1/2 cup

**27**  
**Breakfast**  
WB Breakfast Pizza  
**Lunch**  
Pretzels (5) & Cheese Cup  
Carrots-1/2 cup  
Spinach Romaine Side Salad w/Veggie-1 cup  
Mixed Fruit - 1/2 cup

**28**  
**Breakfast**  
Smoothie w/Crackers  
**Lunch**  
WG Pizza – 1  
Corn- 1/2 cup  
Fresh Fruit- 1/2 cup

**29**  
**Breakfast**  
Breakfast Bowl  
**Lunch**  
Cheeseburger on WG Bun-1  
Sweet Potato Fries – 1/2 cup  
Pears-1/2 cup

**30**  
**Breakfast**  
WG Mini Pancakes  
**Lunch**  
Fish Sticks-4  
Cheesy Broccoli-1/2 cup  
Applesauce-1/2 cup

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