

NOVEMBER 2018

8 oz. nonfat and unflavored milk is served with all meals.

South Bend Community Schools- Menu Head Start and Pre K

Monday

Tuesday

Wednesday

Thursday

Friday



5
Breakfast
WG French Toast
Lunch
WG Cheese Pizza
Mixed Vegetables-1/2 cup
Pineapple Tidbits- 1/2 cup

6

7
Breakfast
Cereal/Crackers
Lunch
Bologna Sub on WG Bun
Maple Baked Beans-1/2 cup
Applesauce-1/2 cup

1
Breakfast
WG Strawberry Mini Bagel
Lunch
Chili w/WG Chips (1)
Country Vegetables-1/2 cup
Pears-1/2 cup

2
Breakfast
WG Mini Pancakes
Lunch
Italian Chicken Parmesan w/WG Dinner Roll
Borccoli-1/2 cup
Applesauce-1/2 cup

12
Breakfast
WG Strawberry Mini Bagel
Lunch
BBQ Chicken
WG Tostito Chips-1
Maple Baked Beans
Diced Peaches-1/2c

13
Breakfast
WG Sausage Cheese Brk. Round
Lunch
WG Pizza Dippers
Marinara Sauce
Mixed Vegetables- 1/2 cup
Diced Pears-1/2 cup

14
Breakfast
Cereal/Crackers
Lunch
Cheeseburger on WG Bun
Potato Rounds-1/2 cup
Mixed Fruit-1/2 cup

8
Breakfast
WG Breakfast Wrap
Lunch
Chicken Tenders w/Potato Wedges
WG Dinner Roll -1
Mandarin Oranges-1/2 c

9
Breakfast
Mini Cinnamon Waffles
Lunch
Ranch Turkey Burger on WG Bun
Broccoli -1/2 cup
Mixed Fruit-1/2 c

15
Breakfast
WG Blueberry Pancakes
Lunch
WG Popcorn Chicken
WG Dinner Roll
Broccoli -1/2 cup
Rosy Applesauce-1/2

16
Breakfast
French Toast
Lunch
WG Bagel Dog
Baked Beans
Mixed Fruit-1/2c

19
Breakfast
WG Breakfast Slider
Lunch
WG Sausage Pizza
Corn -1/2 cup
Mixed Fruit-1/2 cup

20
Breakfast
Cereal/Crackers
Lunch
Turkey W/WG Stuffing & Gravy
WG Dinner Roll
Sweet Potatoes
Diced Peaches-1/2 cup

21

22

23

26
Breakfast
WG Cinnamon Mini Bagels (1)
Lunch
WG Spaghetti & Meatballs
w/WG-Garlic Roll
Green Beans-1/2 cup
Diced Peaches-1/2 cup

27
Breakfast
WB Breakfast Pizza
Lunch
Chicken Nuggets W/Potato Rounds
WG Dinner Roll
Mixed Fruit - 1/2 cup

28
Breakfast
Cereal/Crackers
Lunch
WG French Bread Cheese Pizza
Broccoli- 1/2 cup
Peaches- 1/2 cup

29
Breakfast
Breakfast Bowl
Lunch
Chicken Taco
WG Shell
Corn - 1/2 cup
Pears-1/2 cup

30
Breakfast
WG Mini Pancakes
Lunch
Hot Dog on WG Bun w/Potato Rounds
Applesauce-1/2 cup

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