

South Bend Community School Corporation

High School Menu

NOVEMBER 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				November 1 Ling's General TSO w/Brown Rice Fish Taco w/WG Shell Salsa and Sour Cream Broccoli-1/2 cup Mandarin Oranger-1/2 cup	Bosco Stick-2 Marinara Sauce- 2 oz. Managers Choice=2 grains Spinach -1/2 cup Corn- ½ cup Pears-1/2 cup
	November 5 Hamburger on WG Bun French Bread Pizza-1 Marinara Sauce-2 oz. French Fries-1 serv. Peas-1/2 cup Applesauce -1/2 cup		Chicken WG Penne w/Garlic Bread Southwestern Philly-Cheese Broccoli-1/2 cup Peaches- ½ cup	Asian Chicken Stir Fry (recipe) GoldKist Popcorn Chicken With Brown Rice- 1 cup Hot Dog on WG Bun Carrots -1/2 c Mandarin Oranges - ½ cup	Calzone -1 Manager's Choice =2 grains Mixed Vegetables -1/2 cup Corn - 1/2 cup Mixed Fruit- ½ cup 100% Fruit Juice- 6 oz.
	November 12 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	Taco Salad w/ 2 Tostitos Chicken Philly on WG Bun Shredded Romaine Lettuce - 1C Salsa- 2 oz. Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup	BD WG Pizza *Pork Chop on WG Bun Broccoli-1/2 cup Applesauce- ½ cup	Sliced Turkey Mashed Potatoes-1/2 cup Green Beans-1/2 cup WG Dinner Roll-1 Gravy-1oz. Mandarin Oranges-1/2 cup Holiday Cookie	Fish Filet on WG Bun Manager's Choice = 2 grains Calf. Blend- ½ cup Peaches-1/2 cup
	November 19 Chicken Tenders -4 (Tyson) With Dinner Roll-1 *Pulled Pork on WG Bun Potato Wedges-1 ser. Cheesy Broccoli -1/2 cup Pineapple Tidbits- ½ cup	Beef & Cheese Nachos w/Tostito Chips-2 *Bratwurst/ WG Bun Shredded Romaine Lettuce -1c Salsa- 2 oz. Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup			
	November 26 Dilled Chicken Breast (Proview) on WG Bun American Cheese Steak on WG Hoagie Roll California Blend-1/2 cup Rosy Applesauce -1/2 cup	WG Chicken & Cheese Quesadilla W/Salsa & Sour Cream Corn Dog Refried Beans- ½ cup Romaine Side Salad Mixed Fruit	BD School Pizza BBQ Beef Rib on WG Bun Green Beans-1/2 cup Peaches-1/2 cup	Ling's General TSO w/Brown Rice Fish Taco w/WG Shell Salsa and Sour Cream Broccoli-1/2 cup Mandarin Oranger-1/2 cup	Bosco Stick-2 Marinara Sauce- 2 oz. Managers Choice=2 grains Spinach -1/2 cup Corn- ½ cup Pears-1/2 cup

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, and Yogurt, Cheese, Cracker, Grab -n- Go

Menu May Be Subject to Change

This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades