

**South Bend Community School Corporation**

**Middle School Menu**

**November 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>November 1</b> Ling's General TSO With Fried (Brown)Rice (recipe) Fish Sandwich -1 Green Beans- 1/2 cup California Blend Mandarin Oranges – ½ cup	WG Bosco Stick-1 Manager's Choice Corn-1/2 cup Mixed Fruit - ½ cup 100% Fruit Juice -1
<b>November 5</b> Chicken Waffle Bites-10 W/WG Waffle -1 Sloppy Joe on WG Bun French Fries-3/4 cup Mixed Fruit- ½ cup		Italian Meat Ball Sub on WG Bun WG French Bread Pizza-1 Marinara Sauce-2 oz. Cheesy Broccoli-1/2 cup Peaches-1/2 cup	Asian Stir Fry With Brown Rice- ½ cup Cheese Burger on WG Bun Antiqua Blend - 1/2 cup Mandarin Oranges – ½ cup	WG Mac & Cheese Manager's Choice Peas- ½ cup Rosy Applesauce- ½ cup 100 % Juice- 6 oz. – ¾ cup
<b>November 12</b> Chicken Tenders-4 Spicy/Reg. Meat Loaf Sandwich on WG Bun Sweet Potato Fries =1/2 cup Pears- ½ cup	WG Chicken & Cheese Quesadilla Southwest Philly on WG Bun Shredded Romaine Lettuce -1 cup Salsa- 2 oz./Sour Cream Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup	WG Spaghetti W/ Meat Sauce WG Garlic Bread -1 Fish Sticks 4 w/Garlic Bread 1 Small Romaine Salad w/tomato Broccoli -1/2 c Peaches- ½ cup	Turkey & Gravy Mashed Potatoes- 1/2c WG Dinner Roll-1 Green Beans-1/2 cup Applesauce-1/2 cup Holiday Cookie (1)	BD Pizza Manager's Choice Carrots - 1/2 cup Mixed Fruit-1/2c
<b>November 19</b> WG Chicken Smackers -10 WG Dinner Roll -1 oz. *Pulled Pork on WG Bun Broccoli-1/2 cup Pineapple Tidbits- ½ cup	Walking Taco Corn Dog Refried Beans-1/2 cup Golden Corn-1/2 cup Shredded Romaine Lettuce Salsa Mixed Fruit-/12 cup			
<b>November 26</b> Chicken Patty on WG Bun Reg./Spicy American Cheese Steak Sandwich Sweet Potato Fries =1/2 cup Rosy Applesauce -1/2 cup	Pretzels (6) w/Nacho Cheese *Brat on WG Bun Baked Beans-1/2 cup Pears- ½ cup	Chicken Penne w/Garlic Toast BBQ Rib on WG Bun Broccoli – ½ cup Peaches- ½ cup	Ling's General TSO With Fried (Brown)Rice (recipe) Fish Sandwich -1 Green Beans- 1/2 cup California Blend Mandarin Oranges – ½ cup	WG Bosco Stick-1 Manager's Choice Corn-1/2 cup Mixed Fruit - ½ cup 100% Fruit Juice -1

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.

Menu is Subject to Change

Offered Daily: Chef Salad, PBJ Sandwich, Cheese Sandwich, and Yogurt, Cheese, Cracker Grab –n- Go, Veggie Packs

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