

South Bend Community School Corporation

High School Menu

October 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>October 1 Dilled Chicken Breast (Proview) on WG Bun American Cheese Steak on WG Hoagie Roll California Blend-1/2 cup Rosy Applesauce -1/2 cup</p>	<p>WG Chicken & Cheese Enchilada W/Salsa & Sour Cream Corn Dog Refried Beans- ½ cup Romaine Side Salad Mixed Fruit</p>	<p>BD School Pizza BBQ Beef Rib on WG Bun Green Beans-1/2 cup Peaches-1/2 cup</p>	<p>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</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>October 8 Hamburger on WG Bun French Bread Pizza-1 Marinara Sauce-2 oz. French Fries-1 serv. Peas-1/2 cup Applesauce -1/2 cup</p>	<p>Smothered Burrito Boom Boom Turkey Rubin Refried Beans Romaine Side Salad -1 cup Corn- ½ cup Pears - ½ cup</p>	<p>Chicken WG Penne w/Garlic Bread Southwestern Philly-Cheese Broccoli-1/2 cup Peaches- ½ cup</p>	<p>Asian Chicken Stir Fry Chicken With Brown Rice- 1 cup Hot Dog on WG Bun Carrots -1/2 c Mandarin Oranges - ½ cup</p>	<p>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.</p>
	<p>October 15 Beef Stroganoff 2/3 c. WG Egg Noodles-1/2 c. Chicken Chunks-5 WG/Dinner Roll Broccoli-1/2 c Diced Pears- ½ cup</p>	<p>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</p>			
	<p>October 22 Chicken Tenders -4 With Dinner Roll-1 *Pulled Pork on WG Bun Potato Wedges-1 ser. Cheesy Broccoli -1/2 cup Pineapple Tidbits- ½ cup</p>	<p>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</p>	<p>WG Spaghetti W/ Meat Sauce Garlic Bread -1 Quesadilla Burger on WG Green Beans -1/2 cup Peaches- ½ cup</p>	<p>Chicken Bowl: Mashed Potatoes & Gravy WG Dinner Roll Fish Sticks Corn Peaches</p>	<p>Hot Ham and Cheese on WG Bun Manager's Choice=2 grains Asparagus- ½ cup Baked Apples- ½ cup 100 % Juice- 6 oz. - ¾ cup</p>
	<p>October 29 Dilled Chicken Breast on WG Bun American Cheese Steak on WG Hoagie Roll California Blend-1/2 cup Rosy Applesauce -1/2 cup</p>	<p>WG Chicken & Cheese Enchilada W/Salsa & Sour Cream Corn Dog Refried Beans- ½ cup Romaine Side Salad Mixed Fruit</p>	<p>BD School Pizza BBQ Beef Rib on WG Bun Green Beans-1/2 cup Peaches-1/2 cup</p>		

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

Menus are Subject to Change

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