

# OCTOBER 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

### Monday

#### Breakfast

WG Cinnamon Mini Bagels (1)

#### Lunch

Pretzels (5) & Cheese Cup  
Carrots-1/2 cup  
Spinach Romaine Side Salad w/Veggie-1 cup  
Mixed Fruit - 1/2 cup

1

### Tuesday

#### Breakfast

WB Breakfast Pizza

#### Lunch

WG Chicken Tenders (3)  
w/WG-Dinner Roll  
Baked Beans-1/2 cup  
Diced Peaches-1/2 cup

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### Wednesday

#### Breakfast

Smoothie w/Crackers

#### Lunch

WG Pizza – 1  
Corn- 1/2 cup  
Fresh Fruit- 1/2 cup

3

### Thursday

#### Breakfast

Breakfast Bowl

#### Lunch

Cheeseburger on WG Bun-1  
Sweet Potato Fries – 1/2 cup  
Pears-1/2 cup

4

### Friday

#### Breakfast

WG Mini Pancakes

#### Lunch

Fish Sticks-4  
Cheesy Broccoli-1/2 cup  
Applesauce-1/2 cup

5

#### Breakfast

WG French Toast

#### Lunch

Chicken Nuggets w/Dinner Roll (1 oz.)  
Maple Roasted Sweet Pot. 1ser.  
Pineapple Tidbits- 1/2 cup

8

#### Breakfast

Eqqstravaganza w/Toast

#### Lunch

WG Burrito  
Corn-1/2 cup  
Diced Pears-1/2 cup

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#### Breakfast

Smoothie w/Crackers

#### Lunch

Scrambled Eggs w/Biscuit  
Sausage Patty  
Hash Brown Rounds  
Baked Apples

10

#### 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

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#### Breakfast

Mini Cinnamon Waffles

#### Lunch

Cheese Rippers w/Marinara Sauce  
Baked Beans-1/2 cup  
Frozen Fruit Cup-1/2 c

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#### Breakfast

WG Strawberry Mini Bagel

#### Lunch

Chicken Patty w/WG Bun  
Sweet Potato Fries  
Diced Peaches-1/2c

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#### Breakfast

WG Breakfast Burrito

#### Lunch

Walking Taco Salad  
WG Chips  
Corn- 1/2 cup  
Diced Pears-1/2 cup

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18

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#### Breakfast

WG Breakfast Slider

#### Lunch

Spaghetti w/Meat Sauce w/Garlic Toast  
Green Beans-1/2 cup  
Mixed Fruit-1/2 cup

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#### Breakfast

WG Blueberry Pancakes

#### Lunch

Chicken & Cheese Enchilada  
Refried Beans-1/2 cup  
Diced Peaches-1/2 cup

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#### Breakfast

Smoothie w/Crackers

#### Lunch

Mozzarella sticks w/Marinara Sauce  
Spinach Romaine Salad w/Cucumber– 1 cup  
Broccoli-1/2 cup  
Fresh Fruit -1/2c

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#### Breakfast

WG Breakfast Wrap

#### Lunch

Chicken Waffle Bites w/WG Dinner Roll -1  
Mashed Potatoes - 1/2c w/Gravy – 2 oz.  
Carrots -1/2 cup  
Applesauce- 1/2 cup

25

#### Breakfast

WG Unrustable

#### Lunch

Mac & Cheese  
Peas-1/2 cup  
Diced Pears-1/2 cup

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

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#### 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

30

#### Breakfast

Smoothie w/Crackers

#### Lunch

WG Pizza – 1  
Corn- 1/2 cup  
Fresh Fruit- 1/2 cup

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