

# OCTOBER 2018

## South Bend Community Schools Head Start/Pre-K Menu

1 cup, 8 oz. nonfat and low fat unflavored milk is served with all meals.  
Fruit and Fruit Juice is offered with Breakfast daily.

### Monday

**Breakfast** **1**  
WG Cinnamon Mini Bagels (1)  
**Lunch**  
Chicken Nuggets w/Potato Rounds  
WG Dinner Roll  
Mixed Fruit - 1/2 cup

**Breakfast** **8**  
WG French Toast  
**Lunch**  
WG Cheese Pizza  
Green Beans-1/2 cup  
Pineapple Tidbits- 1/2 cup

**Breakfast** **15**  
WG Strawberry Mini Bagel  
**Lunch**  
French Toast Sticks w/  
Sausage 1  
Potato Rounds-1/2 cup  
Diced Peaches-1/2c

**Breakfast** **22**  
WG Breakfast Slider  
**Lunch**  
Pizza Dippers  
Marinara Dipping Sauce  
Mixed Vegetables-1/2 cup  
Mixed Fruit-1/2 cup

**Breakfast** **29**  
WG Cinnamon Mini Bagels (1)  
**Lunch**  
WG Chicken Strips w/Sweet Potato Puffs  
w/WG-Dinner Roll  
Diced Peaches-1/2 cup

### Tuesday

**Breakfast** **2**  
WB Breakfast Pizza  
**Lunch**  
WG Pepperoni Pizza  
Mixed Vegetables 1/2 cup  
Diced Peaches-1/2 cup

**Breakfast** **9**  
Eqqstravaganza w/Toast  
**Lunch**  
Salisbury Steak w/Gravy & Mashed Potatoes  
WG Dinner Roll-1  
Diced Pears-1/2 cup

**Breakfast** **16**  
WG Breakfast Burrito  
**Lunch**  
Crispy Chicken Patty on WG Bun  
Baked Beans -1/2 cup  
Diced Pears-1/2 cup

**Breakfast** **23**  
WG Blueberry Pancakes  
**Lunch**  
WG Chicken Queso Burrito  
Refried Beans-1/2 cup  
Diced Peaches-1/2 cup

**Breakfast** **30**  
WB Breakfast Pizza  
**Lunch**  
WG French Bread Cheese Pizza  
Whole Kernel Corn-1/2 cup  
Mixed Fruit - 1/2 cup

### Wednesday

**Breakfast** **3**  
WG Cereal  
**Lunch**  
Taco Meat W/WG Chips-1  
Corn- 1/2 cup  
Fresh Fruit- 1/2 cup

**Breakfast** **10**  
WG Cereal  
**Lunch**  
Breaded Chicken Strips  
WG Dinner Roll  
Broccoli-1/2 cup  
Apple Sauce-1/2 cup

**Breakfast** **17**

**Breakfast** **24**  
WG Cereal  
**Lunch**  
Turkey Ranch Burger on QG Bun  
French Fries-1/2 cup  
Fresh Fruit -1/2c

**Breakfast** **31**  
WG Cereal  
**Lunch**  
WG Mac & Cheese  
County Blend Vegetables-1/2 cup  
Fresh Fruit- 1/2 cup

### Thursday

**Breakfast** **4**  
Breakfast Bowl  
**Lunch**  
Cheeseburger on WG Bun-1  
Broccoli - 1/2 cup  
Pears-1/2 cup

**Breakfast** **11**  
WG Breakfast Wrap  
**Lunch**  
Chili  
WG Chips -1  
Mixed Vegetables -1/2 cup  
Mandarin Oranges-1/2 c

**Breakfast** **18**

**Breakfast** **25**  
WG Breakfast Wrap  
**Lunch**  
WG Chicken Nuggets  
WG Dinner Roll-1  
Whole Kernel Corn-1/2 cup  
Applesauce- 1/2 cup

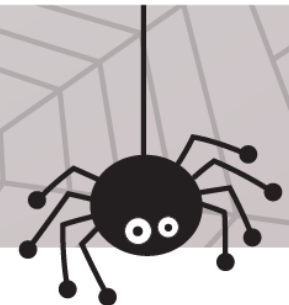
### Friday

**Breakfast** **5**  
WG Mini Pancakes  
**Lunch**  
WG Turkey & Cheese Sandwich  
Hot Vegetable  
Applesauce-1/2 cup

**Breakfast** **12**  
Mini Cinnamon Waffles  
**Lunch**  
Crispy Chicken Patty on WG Bun  
Baked Beans -1/2 cup  
Mixed Fruit -1/2 c

**Breakfast** **19**

**Breakfast** **26**  
WG Uncrustable  
**Lunch**  
WG Rotini Bake w/Meatsauce  
WG Garlic Stick-1  
Broccoli-1/2  
Diced Pears-1/2 cup



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