

# SEPTEMBER 2018

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

1 cup, 8 oz. nonfat and low unflavored milk is served with all meals.

### Monday

3

### Tuesday

4

### Wednesday

5

### Thursday

6

### Friday

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#### Breakfast

WG French Toast

#### Lunch

Crispy Chicken Fillet w/WG Bun  
Whole Kernel Corn-1/2 cup  
Pineapple Tidbits- 1/2 cup

10

#### Breakfast

Brk. Pizza

#### Lunch

Salisbury Steak w/Gravy w/Dinner Roll-1  
Mashed Potatoes-1/2 cup  
Diced Peaches-1/2 cup

11

#### Breakfast

WG Cereal

#### Lunch

Cheesy flatbread  
Broccoli-1/2 cup  
Applesauce-1/2 cup

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#### Breakfast

WG Breakfast Wrap

#### Lunch

BBQ Chicken w/WG Chip-1 bag  
Whole Kernel Corn  
Mandarin Oranges-1/2 c

13

#### Breakfast

Mini Cinnamon Waffles

#### Lunch

WG Bagel Dog  
Mixed Vegetables -1/2 cup  
Frozen Fruit Cup-1/2 c.

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#### Breakfast

WG Strawberry Mini Bagel

#### Lunch

Chicken Dippers w/Tomato Parmesan Sauce  
WG Dinner Roll-1  
Whole Kernel Corn-1/2 cup  
Diced Peaches-1/2c

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#### Breakfast

WG Breakfast Burrito

#### Lunch

Pancakes & Sausage  
Golden Potato Rounds-1  
Diced Peaches-1/2 cup

18

#### Breakfast

WG Cereal

#### Lunch

WG Flatbread Pepperoni Pizza  
Broccoli-1/2 cup  
Mixed Fruit-1/2 cup

19

#### Breakfast

WG Sausage Cheese Brk. Round

#### Lunch

Macaroni & Cheese  
WG Dinner Roll-1  
Mixed vegetables 1/2 cup  
Pineapple 1/2 c

20

#### Breakfast

French Toast

#### Lunch

Charbroiled Hamburger w/WG Bun  
Baked Beans  
Applesauce-1/2c

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#### Breakfast

WG Breakfast Slider

#### Lunch

Pizza Dippers  
Marinara Dipping Sauce-1  
Green Beans-1/2 cup  
Mixed Fruit-1/2 cup

24

#### Breakfast

WG Blueberry Pancakes

#### Lunch

Chicken Queso WG Burrito  
Refried Beans-1/2 cup  
Diced Peaches-1/2 cup

25

#### Breakfast

WG Cereal

#### Lunch

Ranch Turkey Burger on WG Bun  
French Fries-1/2 cup  
Pineapple-1/2 cup

26

#### Breakfast

WG Breakfast Wrap

#### Lunch

WG Popcorn Chicken/WG Dinner Roll -1  
Mashed Potatoes - 1/2c w/Gravy – 2 oz.  
Broccoli -1/2 cup  
Applesauce- 1/2 cup

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#### Breakfast

WG Uncrustable

#### Lunch

Hot Dog on WG Bun  
Whole Kernel Corn-1/2 cup  
Diced Peaches-1/2 cup

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*Esta institución es un proveedor que ofrece igualdad de oportunidades*