

SEPTEMBER 2018

South Bend Community School Primary II 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

3

Tuesday

4

Wednesday

5

Thursday

6

Friday

7

Breakfast

WG French Toast

Lunch

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

10

Breakfast

Eqstravaganza w/Toast

Lunch

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

11

Breakfast

Smoothie w/Crackers

Lunch

Cheesy flatbread
Broccoli-1/2 cup
Baked Apples

12

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.

14

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

17

Breakfast

WG Breakfast Burrito

Lunch

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

18

Breakfast

Smoothie w/Crackers

Lunch

WG Flatbread Pepperoni Pizza
Broccoli-1/2 cup
Fresh 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

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

Smoothie w/Crackers

Lunch

Ranch Turkey Burger on WG Bun
French Fries-1/2 cup
Fresh Fruit -1/2c

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

27

Breakfast

WG Uncrustable

Lunch

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

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This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades