

SEPTEMBER 2018

South Bend Community School Primary 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

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

10

Breakfast

Eqstravaganza w/Toast

Lunch

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

11

Breakfast

Smoothie w/Crackers

Lunch

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

12

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

13

Breakfast

Mini Cinnamon Waffles

Lunch

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

14

Breakfast

WG Strawberry Mini Bagel

Lunch

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

17

Breakfast

WG Breakfast Burrito

Lunch

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

18

Breakfast

Smoothie w/Crackers

Lunch

WG Pizza
Broccoli-1/2 cup
Fresh Fruit-1/2 cup

19

Breakfast

WG Sausage Cheese Brk. Round

Lunch

Meatloaf w/Gravy (1oz.) WG Dinner Roll -1
Mashed Potato-1/2 cup
Cooked Carrots-1/2 cup
Pineapple 1/2 c

20

Breakfast

French Toast

Lunch

Hot Dog w/WG Bun
Baked Beans
Applesauce-1/2c

21

Breakfast

WG Breakfast Slider

Lunch

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

24

Breakfast

WG Blueberry Pancakes

Lunch

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

25

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

26

Breakfast

WG Breakfast Wrap

Lunch

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

27

Breakfast

WG Uncrustable

Lunch

Grilled Cheese Sandwich
Peas-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