

**South Bend Community School Corporation**

**High School Menu**

**September 2018-2019**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>September 4</b>	WG Chicken & Cheese Enchilada W/Salsa & Sour Cream Corn Dog Refried Beans- ½ cup Romaine Side Salad Mixed Fruit	BD School Pizza BBQ Beef Rib on WG Bun Green Beans-1/2 cup Peaches-1/2 cup	Ling's General TSO w/Brown Rice Fish Taco w/WG Shell Salsa and Sour Cream Broccoli-1/2 cup Mandarin Oranger-1/2 cup	Bosco Stick-2 Marinara Sauce- 2 oz. Managers Choice=2 grains Spinach -1/2 cup Corn- ½ cup Pears-1/2 cup
	<b>September 10</b> Hamburger on WG Bun French Bread Pizza-1 Marinara Sauce-2 oz. French Fries-1 serv. Peas-1/2 cup Applesauce -1/2 cup	Smothered Burrito Boom Boom Turkey Ruben Refried Beans Romaine Side Salad -1 cup Corn- ½ cup Pears - ½ cup	Chicken WG Penne w/Garlic Bread *Pork Chop on WG Bun Broccoli-1/2 cup Peaches- ½ cup	Asian Chicken Stir Fry Chicken With Brown Rice- 1 cup Hot Dog on WG Bun Carrots -1/2 c Mandarin Oranges - ½ cup	Calzone -1 Manager's Choice =2 grains Mixed Vegetables -1/2 cup Corn - 1/2 cup Mixed Fruit- ½ cup 100% Fruit Juice- 6 oz.
	<b>September 17</b> Chicken Chunks-5 WG/Dinner Roll Sloppy Joe on WG Bun Sweet Potato Fries- 1 ser. Prince Edward Blend-1/2 c Diced Pears- ½ cup	Taco Salad w/ 2 Tostitos Chicken Philly on WG Bun Shredded Romaine Lettuce - 1C Salsa- 2 oz. Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup	BD WG Pizza Southwestern Philly-Cheese Broccoli-1/2 cup Applesauce- ½ cup	Not Fried Rice w/Egg Roll Italian Meat Ball Sub on WG Bun Peas & Carrots-1/2 cup Mandarin Oranges-1/2 cup	Fish Filet on WG Bun Manager's Choice = 2 grains Calf. Blend- ½ cup Peaches-1/2 cup
	<b>September 24</b> Chicken Tenders -4 With Dinner Roll-1 *Pulled Pork on WG Bun Potato Wedges-1 ser. Cheesy Broccoli -1/2 cup Pineapple Tidbits- ½ cup	Beef & Cheese Nachos w/Tostito Chips-2 *Bratwurst/ WG Bun Shredded Romaine Lettuce -1c Salsa- 2 oz. Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup	WG Spaghetti W/ Meat Sauce Garlic Bread -1 Quesadilla Burger on WG Green Beans -1/2 cup Pears- ½ cup	Chicken Bowl: Mashed Potatoes & Gravy WG Dinner Roll Fish Sticks Corn Peaches	Hot Ham and Cheese on WG Bun Manager's Choice=2 grains Asparagus- ½ cup Baked Apples- ½ cup 100 % Juice- 6 oz. - ¾ cup

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, and Yogurt, Cheese, Cracker, Grab -n- Go

Menus are Subject to Change

*This institution is an equal opportunity provider.  
Esta institución es un proveedor que ofrece igualdad de oportunidades*