

South Bend Community School Corporation

Middle School Menu

September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>September 4</p>	<p>Pretzels (6) w/Nacho Cheese *Brat on WG Bun Baked Beans-1/2 cup Pears- 1/2 cup</p>	<p>Chicken Penne w/Garlic Toast BBQ Rib on WG Bun Broccoli – 1/2 cup Peaches- 1/2 cup</p>	<p>Ling's General TSO With Fried (Brown)Rice (recipe) Fish Sandwich -1 Green Beans- 1/2 cup California Blend Mandarin Oranges – 1/2 cup</p>	<p>WG Bosco Stick-1 Manager's Choice Corn-1/2 cup Mixed Fruit - 1/2 cup 100% Fruit Juice -1</p>
<p>September 10 Chicken Waffle Bites-10 W/WG Waffle -1 Sloppy Joe on WG Bun French Fries-3/4 cup Mixed Fruit- 1/2 cup</p>	<p>WG Smothered Burrito Chicken Philly on WG Roll Refried Beans Romaine Side Salad -1 cup Corn- 1/2 cup Applesauce - 1/2 cup Salsa- 2 oz./Sour Cream</p>	<p>Italian Meat Ball Sub on WG Bun WG French Bread Pizza-1 Marinara Sauce-2 oz. Cheesy Broccoli-1/2 cup Peaches-1/2 cup</p>	<p>Not Fried Brown Rice w/ WG Chicken Egg Roll Hot Dog on WG Bun Peas and Carrots-1/2 cup Mandarin Oranger-1/2 cup</p>	<p>BD Pizza Manager's Choice Carrots - 1/2 cup Mixed Fruit-1/2c</p>
<p>September 17 Chicken Tenders-4 Spicy/Reg. Meat Loaf Sandwich on WG Bun Sweet Potato Fries =1/2 cup Pears- 1/2 cup</p>	<p>Chicken & Cheese Enchilada Southwest Philly on WG Bun Shredded Romaine Lettuce -1 cup Salsa- 2 oz./Sour Cream Black Bean Fiesta- 1/2 cup Mixed Fruit- 1/2 cup</p>	<p>WG Spaghetti W/ Meat Sauce WG Garlic Bread -1 Fish Sticks 4 w/Garlic Bread 1 Small Romaine Salad w/tomato Broccoli -1/2 c Peaches- 1/2 cup</p>	<p>Asian Stir Fry With Brown Rice- 1/2 cup Cheese Burger on WG Bun Antiqua Blend - 1/2 cup Mandarin Oranges – 1/2 cup</p>	<p>WG Mac & Cheese Manager's Choice Peas- 1/2 cup Rosy Applesauce- 1/2 cup 100 % Juice- 6 oz. – 3/4 cup</p>
<p>September 24 WG Chicken Smackers -10 WG Dinner Roll -1 oz. *Pulled Pork on WG Bun Broccoli-1/2 cup Pineapple Tidbits- 1/2 cup</p>	<p>Walking Taco Corn Dog Refried Beans-1/2 cup Golden Corn-1/2 cup Shredded Romaine Lettuce Salsa Mixed Fruit-/12 cup</p>	<p>WG Pizza Buffalo Pizza Beef & Cheese Philly on WG Bun Green Beans -1/2 cup Pears -1/2 cup</p>	<p>Orange Chicken w/ Not Fried Brown Rice-1/2 cup *Pork Chop on WG Bun Mixed Vegetables-1/2 cup Mandarin Oranges-/12 cup</p>	<p>Fish Filet on WG Bun Manager's Choice (2 Gr.) Spinach -1/2 cup Cooked Carrots-1/2c. Rosy Applesauce- 1/2 cup .</p>

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, Veggie Packs

Menus are Subject to Change

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