

September 2019

South Bend Community Schools K-8

LUNCH



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 a Variety of Fresh Fruits & Veggies



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn. Reference: USDA MyPlate



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

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

4

5

6

Breakfast
WB Breakfast Pizza
Lunch
Nacho Ole' on Tostitos
Corn
Fresh Vegetable Pack w/Dip
Mixed Fruit

Breakfast
Yogurt & Granola
Lunch
Chicken Penne w/Garlic Bread
Broccoli
Fresh Vegetable Pack w/Dip
Fresh Stone Fruit

Breakfast
Pancake Wrap
Lunch
Chicken Patty on WG Bun
Baked Beans
Fresh Vegetable Pack w/Dip
Pears

Breakfast
Mini Pancakes
Lunch
Italian Meatball Sub on WG Bun
French Fries
Fresh Vegetable Pack w/Dip
Peaches

9

10

11

12

13

Breakfast
WG French Toast
Lunch
Chicken Tenders w/WG Dinner Roll
Maple Roasted Sweet Potatoes
Fresh Vegetable Pack w/Dip
Peaches

Breakfast
Eggstravaganza w/1 grain
Lunch
Chicken Taco
Corn
Fresh Vegetable Pack w/Dip
Frozen Fruit Cup

Breakfast
Yogurt Parfait w/1 grain
Lunch
Fish Sticks W/WG Dinner Roll
Cheesy Broccoli
Fresh Vegetable Pack w/Dip
Applesauce

Breakfast
Pancake Wrap
Lunch
Hot Dog on WG Bun
Baked Beans
Fresh Vegetable Pack w/Dip
Pears

Breakfast
Mini Cinnamon Waffles
Lunch
Pizza
Salad w/Vegetables
Fresh Vegetables Pack w/Dip
Mixed Fruit

16

17

18

19

20

Breakfast
Strawberry Mini Bagel
Lunch
Southwestern Philly
Black Bean Fiesta
Fresh Vegetable Pack w/Dip
Peaches

Breakfast
Pancake on a Stick
Lunch
Meat Loaf Sandwich on WG
Mashed Potatoes & Gravy
Fresh Vegetable Pack w/Dip
Pears

Breakfast
Yogurt Smoothie w/Grain
Lunch
French Bread Pizza
Steamed Broccoli
Fresh Vegetable Pack w/Dip
Strawberries

Breakfast
WG Pizza Bagel
Lunch
Scrambled Eggs w/1 grain & Sausage
Seasoned Potatoes
Fresh Vegetable Pack w/Dip
Baked Cinnamon Apples

Breakfast
French Toast
Lunch
Cheeseburger on WG Bun
Peas & Carrots
Fresh Vegetable Pack w/Dip
Mixed Fruit

23

24

25

26

27

Breakfast
WG Breakfast Slider
Lunch
Chicken Chips w/WG Dinner Roll
Broccoli
Fresh Vegetable Pack w/Dip
Mixed Fruit

Breakfast
WG Blueberry Pancakes
Lunch
Corn Dog w/Mac & Cheese
Baked Beans
Fresh Vegetable Packs w/Dip
Peaches

Breakfast
Yogurt Parfait w/Grain
Lunch
WG Pizza
Green Beans
Fresh Vegetable Pack w/Dip
Fresh Fruit

Breakfast
Cheese Omelet w/Grain
Lunch
*Pulled Pork on WG Bun
Baked Potato Chips
Fresh Vegetable Pack w/Dip
Applesauce

Breakfast
WG Uncrustable
Lunch
Fish Filet on WG Bun
Emoji Potatoes
Fresh Vegetable Pack w/Dip
Pears

30



Breakfast
Cinnamon Mini Bagels
Lunch
Chicken Patty on WG Bun
French Fries
Fresh Vegetable Pack w/Dip
Peaches

