

October 2019 South Bend Community Schools Head Start Menu

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: Make half your plate veggies and fruits.

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli. Reference: USDA MyPlate

This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades



Monday

Breakfast
Cinnamon Mini Bagels
Apple Cherry Juice
Lunch
Chicken Strip w/Sweet Potatoes
WG Dinner Roll
Peaches

30

Tuesday

Breakfast
Corn Chex
Orange Juice
Lunch
Meat Ball Sub
Potato Rounds
Pears

1

Wednesday

Breakfast
Rice Chex
Grape Juice
Lunch
Teriyaki Chicken Patty on WG Bun
Broccoli
Applesauce

2

Thursday

Breakfast
Corn Chex
Apple Juice
Lunch
BBQ Chicken on WG Bun
Maple Baked Beans
Pears

3

Friday

Breakfast
Mini Pancakes
Orange Juice
Lunch
Cheeseburger on WG Bun
French Fries
Peaches

4

Breakfast
WG French Toast
Apple Cherry Juice
Lunch
Chicken Nuggets w/WG Dinner Roll
Corn
Applesauce

7

Breakfast
Corn Chex
Orange Juice
Lunch
Ranch Turkey Burger on WG Bun
Potato Rounds
Pears

8

Breakfast
Rice Chex
Grape Juice
Lunch
Mac & Cheese w/ WG Dinner Roll
Broccoli
Peaches

9

Breakfast
Corn Chex
Apple Juice
Lunch
Popcorn Chicken w/WG Dinner Roll
Corn
Pears

10

Breakfast
Mini Cinnamon Waffles
Orange Juice
Lunch
Pizza Dipper w/Marinara Sauce
Mixed Vegetables
Applesauce

11

Breakfast
Strawberry Mini Bagel
Apple Cherry Juice
Lunch
Sloppy Joe on WG Bun
Maple Baked Beans
Peaches

14

Breakfast
Corn Chex
Orange Juice
Lunch
Chicken Nuggets w/Dinner Roll
Country Vegetables
Pears

15

Breakfast
Rice Chex
Grape Juice
Lunch
Sandwich
Fruit cup
Milk

16

Breakfast
Corn Chex
Apple Juice
Lunch
Sandwich
Fruit Cup
Milk

17

Breakfast
French Toast
Orange Juice
Lunch
Sandwich
Fruit Cup
Milk

18

NEW

21

MENU

22

COMING

23

24

25

