

October 2019

South Bend Community Schools K-8 II 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

30

Lunch

Chicken Strip w/Sweet Potatoes
WG Dinner Roll
Fresh Vegetable Pack w/Dip
Peaches

Tuesday

Breakfast

WB Breakfast Pizza

1

Lunch

Meat Ball Sub
Potato Rounds
Fresh Vegetable Pack w/Dip
Mixed Fruit

Wednesday

Breakfast

Yogurt & Granola

2

Lunch

Teriyaki Chicken Patty on WG Bun
Broccoli
Fresh Vegetable Pack w/Dip
Fresh Fruit

Thursday

Breakfast

Pancake Wrap

3

Lunch

BBQ Chicken on WG Bun
Maple Baked Beans
Fresh Vegetable Pack w/Dip
Pears

Friday

Breakfast

Mini Pancakes

4

Lunch

Cheeseburger on WG Bun
French Fries
Fresh Vegetable Pack w/Dip
Peaches

Breakfast

WG French Toast

7

Lunch

Chicken Nuggets w/WG Dinner Roll
Corn
Fresh Vegetable Pack w/Dip
Applesauce

Breakfast

Eqqstravaganza w/1 grain

8

Lunch

Ranch Turkey Burger on WG Bun
Potato Rounds
Fresh Vegetable Pack w/Dip
Pears

Breakfast

Yogurt Parfait w/1 grain

9

Lunch

Mac & Cheese w/ WG Dinner Roll
Broccoli
Fresh Vegetable Pack w/Dip
Peaches

Breakfast

Breakfast Wrap

10

Lunch

Popcorn Chicken w/WG Dinner Roll
Corn
Fresh Vegetable Pack w/Dip
Pears

Breakfast

Mini Cinnamon Waffles

11

Lunch

Pizza Dipper w/Marinara Sauce
Salad w/Vegetables
Fresh Vegetables Pack w/Dip
Mixed Fruit

Breakfast

Strawberry Mini Bagel

14

Lunch

Sloppy Joe on WG Bun
Maple Baked Beans
Fresh Vegetable Pack w/Dip
Peaches

Breakfast

Pancake on a Stick

15

Lunch

Chicken Nuggets w/Dinner Roll
Country Vegetables
Fresh Vegetable Pack w/Dip
Pears

TEACHER RECORD DAY

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NO SCHOOL

FALL

17

BREAK

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NEW

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MENU

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COMING

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