

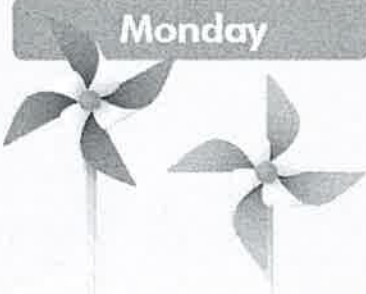

(Sample Menu)

South Bend Community Schools

MAY 2019 K-8 Menu

Students may take 2 of one vegetable or 2 different vegetables to equal 1 cup. 3 oz. nonfat and low fat flavored & unflavored milk is served with all meals.

Offered Daily: Chef Salad, A Grab-n-Go Choice, a Verity of Fresh Fruits & Veggies.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
|  <p>Breakfast WG French Toast</p> <p>Lunch Fiestada Pizza Side Salad Veggie Pack Mixed Fruit</p> |  <p>Breakfast Eggstravaganza w/1 grain</p> <p>Lunch Chicken Tenders w/Dinner Roll Maple Roasted Sweet Potatoes Veggie Pack Baked Cinnamon Apples</p> | <p>Breakfast Fruit Smoothie w/WG Grain</p> <p>Lunch Chicken Penne Garlic Breadstick Veggie Pack Steamed Broccoli Fresh Fruit</p> | <p>Breakfast WG Pancake Wrap</p> <p>Lunch Asian Orange Chicken With Brown Rice Veggie Pack Green Beans Pears</p> | <p>Breakfast WG Mini Pancakes</p> <p>Lunch Cheese Ripper w/ Marinara Sauce Veggie Pack Side Salad Applesauce</p> |
| <p>Breakfast WG Strawberry Mini Bagel</p> <p>Lunch Southwest Philly on WG Bun Black Bean Fiesta Veggie Pack Peaches</p> | <p>Breakfast WG Maple Pancake on a Stick</p> <p>Lunch Meat Loaf on WG Bun Mashed Potatoes w/Gravy Veggie Pack Pears</p> | <p>Breakfast Smoothie w/1 grain</p> <p>Lunch WG Spaghetti w/Meal Sauce w/Garlic Bread Steamed Broccoli Veggie Pack Fresh Fruit</p> | <p>Breakfast WG Sausage Cheese Brk. Pizza</p> <p>Lunch *Pulled Pork on WG Bun W/Baked Potato Chips California Blend Veggie Pack Applesauce</p> | <p>Breakfast WG French Toast</p> <p>Lunch Cheeseburger on a WG Bun Veggie Pack Peas Mixed Fruit</p> |
| <p>Breakfast WG Breakfast Slider</p> <p>Lunch Chicken Chips w/Dinner Roll Broccoli Veggie Pack Mixed Fruit</p> | <p>Breakfast WG Blueberry Pancakes</p> <p>Lunch Corn Dog w/WG Mac "N" Cheese Baked Beans Veggie Pack Peaches</p> | <p>Breakfast Yogurt Parfait w/1 grain</p> <p>Lunch WG Pepperoni Pizza Green Beans Veggie Pack Fresh Fruit</p> | <p>Breakfast Cheese Omelet w/1 grain</p> <p>Lunch Scrambled Eggs W/Biscuit w/Sausage Patty Seasoned Potato Cubes Veggie Pack Baked Cinnamon Apples</p> | <p>Breakfast Uncrustable</p> <p>Lunch Fish Filet on WG Bun Veggie Pack Emoji Potato Pears</p> |
| <p>MEMORIAL DAY</p> | <p>Breakfast WG Breakfast Pizza</p> <p>Lunch WG Burrito Veggie Pack Refried Beans Mixed Fruit</p> | <p>Breakfast Fruit Smoothie w/WG Grain</p> <p>Lunch Chicken Penne Garlic Breadstick Veggie Pack Steamed Broccoli Fresh Fruit</p> | <p>Breakfast WG Pancake Wrap</p> <p>Lunch Asian Orange Chicken With Brown Rice Veggie Pack Green Beans Pears</p> | <p>Breakfast WG Mini Pancakes</p> <p>Lunch Cheese Ripper w/ Marinara Sauce Veggie Pack Side Salad Applesauce</p> |

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