

# FEBRUARY 2019

## K – 8 MENU

### SOUTH BEND COMMUNITY SCHOOL

vegetables to equal 1 cup. 8 oz. normal 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 Verity of Fresh Fruits & Veggies.

#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday



**Breakfast**  
WG Cinnamon Mini Bagels **4**  
**Lunch**  
Chicken Patty on WG Bun  
French Fries  
Veggie Pack  
Peaches

**Breakfast**  
WG Breakfast Pizza **5**  
**Lunch**  
Nacho Ole' on Tostitos  
Refried Beans  
Veggie Pack  
Mixed Fruit

**Breakfast**  
Smoothie w/1 grain **6**  
**Lunch**  
Chicken Penne w/Garlic  
Breadstick  
Steamed Broccoli  
Veggie Pack

**Breakfast**  
Breakfast Bowl **7**  
**Lunch**  
Asian Orange Chicken w/Brown Rice  
Green Beans  
Veggie Pack  
Pears

**Breakfast**  
WG Uncrustable **1**  
**Lunch**  
Fish Filet on WG Bun  
Veggie Pac  
Smile Potatoes  
Pears

**Breakfast**  
Mini Pancakes **8**  
**Lunch**  
Cheese Rippers w/Marinara Sauce  
Side Salad  
Veggie Pack  
Applesauce

**Breakfast**  
WG French Toast **11**  
**Lunch**  
Chicken Tenders w/Waffle Stick  
Maple Roasted Sweet Potatoes  
Veggie Pack  
Baked Apples

**Breakfast**  
Eqqstravaganza w/1 grain **12**  
**Lunch**  
Chicken Taco  
Corn  
Veggie Pack  
Pears

**Breakfast**  
Yogurt Parfait w/1 grain **13**  
**Lunch**  
Italian Meatball Sub on WG Bun  
Cheesy Broccoli  
Veggie Pack  
Peaches

**Breakfast**  
WG Breakfast Burrito **14**  
**Lunch**  
Hot Dog on WG Bun  
Baked Beans  
Veggie Pack  
Frozen Fruit Cup

**Breakfast**  
WG Mini Cinnamon Waffle **15**  
**Lunch**  
Pizza  
Romaine/Spinach Salad  
Veggie Pack  
Mixed Fruit

**18**

**Breakfast**  
WG Maple Pancake on a Stick **19**  
**Lunch**  
Meat Loaf on WG Bun  
Mashed Potatoes w/Gravy  
Veggie Pack

**Breakfast**  
Smoothie w/1 grain **20**  
**Lunch**  
WG Spaghetti w/Meat Sauce w/Garlic Bread  
Steamed Broccoli  
Veggie Pack

**Breakfast**  
WG Sausage Cheese Brk. **21**  
Pizza  
**Lunch**  
Scrambled Eggs W/Biscuit w/Sausage Patty  
Hash Browns

**Breakfast**  
WG French Toast **22**  
**Lunch**  
Double Cheeseburger on WG Bun  
Peas  
Veggie Pack  
Frozen Berries

**Breakfast**  
WG Breakfast Slider **25**  
**Lunch**  
Chicken Smackers w/Dinner Roll  
Broccoli  
Veggie Pack  
Mixed Fruit

**Breakfast**  
WG Blueberry Pancakes **26**  
**Lunch**  
Corn Dog w/WG Mac "N"  
Cheese  
Baked Beans  
Veggie Pack

**Breakfast**  
Yogurt Parfait w/1 grain **27**  
**Lunch**  
Pizza  
Green Beans  
Veggie Pack  
Fresh Fruit

**Breakfast**  
Cheese Omelet w/1 grain **28**  
**Lunch**  
\*Pulled Pork on WG Bun  
W/Baked Potato Chips  
California Blend  
Veggie Pack



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

Menu Notes: \*Contains Pork, 4 oz. Juice and/or Fresh Fruit served w/Breakfast: WG Cereal w/WG Crackers available at Breakfast Menus are subject to change.