



Welcome back!

Please enjoy the fruit and vegetable bar everyday. Plenty of fruit and vegetables from the required subgroups will be available daily! Eat all the colors of the rainbow!

Option of 1%, fat free, or chocolate milk daily.

Don't forget to hydrate, drink your water.

South Bend School is a proud participant of community eligibility, which means enrolled K-12 student meals are free of charge!

Meal pricing for visitors & Adults:
 Breakfast:
 Pre-K \$1.00, K-12 Free, Adult \$2.75
 Lunch:
 Pre-K \$2.25, K-12 Free, Adult \$4.75

Breakfast includes a whole grain rich entree and milk. It must also include 1 cup fruit.

Lunch includes a protein item, whole grain rich item and a milk choice. It must also contain at least 1 cup fruit and 3/4 - 1 cup vegetables.

In 1 week Whole Grain Rich items are offered at least three days.

***WHOLE GRAIN RICH**

This institution is an equal opportunity provider.

South Bend School District				
August/September 2023				
Breakfast and Lunch Menus				
Monday	Tuesday	Wednesday	Thursday	Friday
			31-Aug	1
			French Toast* Yogurt Apple Chips & Peaches Milk	Cereal* String Cheese 100% Fruit Juice & Pears Milk
			Chicken Burgers* Carrots & Green Beans Mandarin Oranges & Banana Milk	Turkey Sandwich* Tater Tots & Corn Fruit Mix & 100% Fruit Juice Milk
4	5	6	7	8
Labor Day No School	Bagel* w/ Cream Cheese Pineapple Apple Chips Milk Hamburgers* Baked Beans & Cucumbers Applesauce & Pears Milk	Pancakes* Hard Boiled Egg Peaches & 100% Fruit Juice Milk Mozzarella Breadsticks* Marinara Cup & Cauliflower Apple Milk Rice Krispie Treat	Cereal* String Cheese Fruit Mix & Applesauce Milk Taco Soup Frito Chips* Peaches & 100% Fruit Juice Milk	Muffin Square* Yogurt Orange Slices & 100% Fruit Juice Milk Chicken Nuggets Broccoli & Peas Fruit Mix & 100% Fruit Juice Milk Scooby Snacks*
11	12	13	14	15
Sausage Toast* Pineapple & Applesauce Milk Pulled Pork Sandwiches* Grape Tomatoes & Green Beans Apple Chips & Peaches Milk Pudding	Cereal* String Cheese 100% Fruit Juice & Peaches Milk Nachos* Carrots & Corn Blueberries & Pineapple Milk	Sausage & Cheese Breakfast Sandwich* Apple Chips & Mandarin Oranges Milk Chicken Strips* Cucumbers & Peas Pears & Craisins Milk	Cereal* String Cheese Pears & Raisins Milk Spaghetti* w/ Meat Sauce Cauliflower Peaches & Frozen Sidekick Milk Grandma's Cookie	Cheese Omelet Toast* Orange Slices & Fruit Mix Milk Pizza* Broccoli & Corn Peaches & 100% Fruit Juice Milk
18	19	20	21	22
Breakfast Burrito* Fruit Mix 100% Fruit Juice Milk Hamburger Stroganoff* Carrots & Green Beans Apple Chips & Peaches Milk	Scrambled Eggs Toast* Orange Slices & Pears Milk Sweet & Sour Meatballs Brown Rice* Broccoli & Peas Applesauce & 100% Fruit Juice Milk	Cereal* Yogurt Banana & 100% Fruit Juice Milk Chicken Burger* Grape Tomatoes & Peas Mandarin Oranges & Raisins Milk	Fruit Smoothie Muffin Square* String Cheese Raisins & Milk Soft Pretzel* w/ Cheese Cauliflower & Green Beans Pears & Frozen Sidekick Milk Fruit Snacks	Yogurt Parfait* Graham Cracker* Applesauce & Craisins Milk Corn dogs* Cucumber & Corn Fruit Mix & Craisins Milk
25	26	27	28	29
Biscuit* & Sausage Gravy String Cheese Peaches & 100% Fruit Juice Milk Ham Sandwich* Carrots & Corn Peaches & Frozen Sidekick Milk	Breakfast on a Stick* Orange Slices Craisins Milk Mozzarella Breadsticks* Marinara Cup & Cauliflower Apple Milk Rice Krispie Treat	Bagel w/ Cream Cheese Pineapple Apple Chips Milk Chicken Noodle Soup* Unrustable* Cucumbers Pears Milk	Cereal* String Cheese Orange Slices & 100% Fruit Juice Milk Bean & Cheese Burrito* Broccoli & Green Beans Fruit Mix & Craisins Milk	French Toast* Yogurt Fruit Mix & Raisins Milk Chicken Nuggets* Carrots & Corn Pineapple & 100% Fruit Juice Milk