




WEST BEND MALLARD COMMUNITY SCHOOL DISTRICT

GRADES K - 12		<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> MENU SUBJECT TO CHANGE APPLICABLE SUBSTITUTES MAY BE USED </div>  		Fri., August 23, 2019
Optional Everyday Breakfast Choices Cereal Fruit Juice Milk 5-12 Optional Breakfast Choices Long John PBJ Yogurt Bagels Cereal Add a fruit, milk, or juice to make a reimbursable Meal	This institution is an equal opportunity provider. <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> NO SALAD BAR UNTIL SEPTEMBER THEN DAILY GRADES 5-12 </div>		Breakfast: Cereal, Toast, Fruit, Juice, Milk Lunch Grill Day! Hamburgers Fresh Fruit Raw Veggies Sun Chips Milk Fruit Choice 9-12	
Mon., August 26, 2019	Tues., August 27, 2019	Wed., August 28, 2019	Thurs., August 29, 2019	Fri., August 30, 2019
Breakfast: Pancake, Sausage, Fruit, Juice, Milk Lunch Ham & Cheese Sandwich Sun Chips Lettuce, Onion, Tomato Slices Corn Pineapple Milk Fruit Choice 9-12	Breakfast: Omelet, Toast, Fruit, Juice, Milk Lunch Beef & Noodles (Bread - HS only) Green Beans Carrots Peaches Milk Fruit Choice 9-12	Breakfast: Egg & Cheese Biscuit, Sausage, Fruit, Juice, Milk Lunch Mairdrites Baked Beans Broccoli Savory Rice Pears Milk Fruit Choice 9-12	Breakfast: Breakfast Pizza, Fruit, Juice, Milk Lunch Tator Tot Casserole Sliced Bread Macaroni Salad Coleslaw Mixed Fruit Milk Fruit Choice 9-12	Breakfast: Coffee Cake, Fruit, Juice, Milk Lunch Hot Dog Sweet Potato Fries Peas Applesauce Milk Fruit Choice 9-12
Mon., September 2, 2019	Tues., September 3, 2019	Wed., September 4, 2019	Thurs., September 5, 2019	Fri., September 6, 2019
NO SCHOOL 	Breakfast: Waffles, Sausage, Fruit, Juice, Milk Lunch Turkey Burgers French Fries Bake Beans Pears or Applesauce HS Extra Grain Milk Fruit Choice 9-12	Breakfast: Egg & Cheese Biscuit, Sausage, Fruit, Juice, Milk Lunch Egg Salad or Tuna Salad Raw Carrot/Celery Lettuce, Tomato Fresh Fruit Choice Coleslaw Milk Fruit Choice 9-12	Breakfast: Scrambled Eggs, Toast, Fruit, Juice, Milk Lunch Chicken Nuggets Mashed Potato Green Beans Chicken Pasta Peaches or Pineapple Milk Fruit Choice 9-12	Breakfast: Donut, Fruit, Juice, Milk Lunch Pizza Broccoli Mixed Vegetables Mixed Fruit or Applesauce Milk Fruit Choice 9-12
Mon., September 9, 2019	Tues., September 10, 2019	Wed., September 11, 2019	Thurs., September 12, 2019	Fri., September 13, 2019
Breakfast: Biscuit Sausage & Gravy, Fruit, Juice, Milk Lunch Country Beef Patty Mashed Potatoes Glazed Carrots Applesauce or Peaches Dinner Roll Milk Fruit Choice 9-12	Breakfast: Strudel, Fruit, Juice, Milk Lunch Chicken Patty California Blend Corn Pineapple or Pears Milk Fruit Choice 9-12	Breakfast: Egg & Cheese Biscuit, Sausage, Fruit, Juice, Milk Lunch Turkey Ham Sub Lettuce, Tomato, Onion Baked Beans Baked Chips Banana Strawberries Ice Cream Milk Fruit Choice 9-12	Breakfast: French Toast, Sausage Link, Fruit, Juice, Milk Lunch Spaghetti & Noodle Romaine Salad Peas Mixed Fruit Garlic Bread Milk Fruit Choice 9-12	Breakfast: Egg Bake w/Ham, Fruit, Juice, Milk Lunch Walking Taco Romaine w/Tomato Refried Beans Apple or Orange Slices X-grain HS Milk Fruit Choice 9-12
Mon., September 16, 2019	Tues., September 17, 2019	Wed., September 18, 2019	Thurs., September 19, 2019	Fri., September 20, 2019
Breakfast: Ham & Egg or English Muffin, Fruit, Juice, Milk Lunch Chicken Parm w/Noodles It. Blend Vegetables Pineapple Melon Milk Fruit Choice 9-12	Breakfast: Pancake on a Stick, Fruit, Juice, Milk Lunch Hamburger Lettuce, Tomato, Onion Fries Grapes or Pears Rice Krispy Bar Fruit Choice 9-12	Breakfast: Egg & Cheese Biscuit, Sausage, Fruit, Juice, Milk Lunch Ham & Swiss Penne Peas & Carrots Broccoli Mixed Fruit or Applesauce Milk Fruit Choice 9-12	Breakfast: Muffins, Fruit, Juice, Milk Lunch Burrito Spanish Rice Mexican Corn Refried Beans Pineapple or Strawberries Milk Fruit Choice 9-12	Breakfast: Breakfast Breadstick, Fruit, Juice, Milk Lunch BBQ Beef Sweet Potato Fries Green Beans Pears or Peaches Cookie Milk Fruit Choice 9-12
Mon., September 25, 2019	Tues., September 24, 2019	Wed., September 25, 2019	Thurs., September 26, 2019	Fri., September 27, 2019
Breakfast: Pancakes, Sausage Link, Fruit, Juice, Milk Lunch Beef Stroganoff Bread & Butter Broccoli Peas Pears Apple Berry Crisp Milk Fruit Choice 9-12	Breakfast: Omelet, Toast, Fruit, Juice, Milk Lunch Pork Tender Sandwich Waffle Fries Baked Beans Applesauce Peaches Milk Fruit Choice 9-12	Breakfast: Egg & Cheese Biscuit, Sausage, Fruit, Juice, Milk Lunch Chicken Fajita Peppers & Onion Chips & Black Bean Salsa Corn Pineapple or Mandarin Milk Fruit Choice 9-12	Breakfast: Breakfast Pizza, Fruit, Juice, Milk Lunch Pastitsio Hungaren Dinner Roll Green Beans Peaches Mixed Fruit Milk Fruit Choice 9-12	Breakfast: Coffee Cake, Fruit, Juice, Milk Lunch Flying Saucer (Ham, Bread, M. Potato) Carrots Fresh Fruit Choice Milk Fruit Choice 9-12