

OCTOBER 2017



Bennington Elementary



Pine Creek



Heritage



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><u>Breakfast Pizza—23 C.</u> Mac & Cheese—37 C. Green Beans—4 C. Strawberry Cups—38 C.</p>	<p><u>Omelets/Toast—0/14 C.</u> Crisпитos/Cheese Sauce—24/9 C. Refried Beans—20 C. Pineapple—15 C. Butter Sandwich—14 C.</p>	<p><u>Yogurt & Goldfish Crackers—27/14 C.</u> Salisbury Steak—19 C. Mashed Potatoes/Gravy—36/3 C. Corn—9 C. Diced Peaches—12 C. Dinner Rolls—30 C.</p>	<p><u>Waffles/Syrup—33/55 C.</u> Spaghetti/Meat Sauce—35 C. Peas—13 C. Diced Pears—12 c. Garlic Toast—14 C.</p>	<p><u>Cinnamon Rolls—29 C.</u> Hot Dog on Bun—23 C. Smiley Fries—20 C. Broccoli/Cauliflower Florets—4 c. Mandarin Oranges—20 C.</p> <p>WORLD SMILE DAY !!</p>
9	10	11	12	13
<p><u>Cereal/Toast—24/14 C.</u> Hamburger/Cheeseburger—33 C. French Fries—20 C. Baked Beans—20 C. Fresh Apple Slices—12 C.</p>	<p><u>Scrambled Eggs/Toast—0/14 C.</u> Italian Dunkers—35 C. Peas—13 C. Diced Pears—14 C.</p>	<p><u>Breakfast Bagels—29 C.</u> Pork Choppette—19 C. Mashed Potatoes/Gravy—36/3 C. Steamed Carrots—4 C. Applesauce—16 C. Dinner Roll—30 C.</p>	<p><u>Frudel—36 C.</u> Chicken Patty on Bun—37 C. Pasta Salad—29 C. Steamed Broccoli—4 C. Diced Pears—14 C.</p>	<p><u>Muffin/Cheese Stick—30/0 C.</u> Sub Sandwich—28 C. Lettuce-Tomato-Pickle Baked Chips—18 C. Celery & Carrot Sticks—4 C. Diced Peaches—12 C.</p>
16	17	18	19	20
<p><u>Ultimate Breakfast Rounds—40 C.</u> Hot Ham & Cheese—33 C. Mini Baked Pretzels—23 C. Green Beans—4 C. Pineapple Tidbits—15 C.</p>	<p><u>Pancakes/Bacon/Syrup—28/0/55 C.</u> Chicken Nuggets—13 C. Cole Slaw—5 C. Corn—9 C. Diced Peaches—14 C. Butter Sandwich—14 C.</p>	<p><u>Ham-Egg Bar/toast—9/14 C.</u> Pizza Rounds—39 C. Mixed Green Salad—4 C. Mandarin Oranges—20 C. Cookie—19 C.</p>	<p>STAFF INSERVICE</p> <p>NO SCHOOL</p>	<p>NO SCHOOL</p>
23	24	25	26	27
<p><u>Apple Bosco Stick--40 C.</u> Rib-B-Q's on Bun—25 C. French Fries—20 C. Baked Beans—22 C. Diced Pears—20 C.</p>	<p><u>Cereal/Toast—24/14 C.</u> French Toast/Syrup—33/55 C. Sausage Links—0 C. Potato cubes—20 C. Hot Apple Slices—20 C.</p>	<p><u>Bagels & Cream Cheese—27/0 C.</u> Meatball Subs—28 C. California Blend Vegetables—4 C. Pineapple Tidbits—15 C.</p>	<p><u>Egg/Bacon on English Muffin—25 C.</u> Mini Corn Dogs—35 C. Potato Salad—29 C. Celery & Carrot Sticks—4 C. Fresh Grapes—27 C. Butter Sandwich—14 C.</p>	<p><u>Sausage Gravy & Biscuits—29 C.</u> Fiestada Pizza—29 C. Mixed Green Salad—4 C. Applesauce—16 C. Cookie—19 C.</p>
30	31			
<p><u>French Toast/Syrup—33/55 C.</u> Nacho Bites—30 C. Refried Beans—20 C. Corn—9 C. Mandarin Oranges—20 C.</p>	<p><u>Breakfast Boats—25 C.</u> Pizzawitches—36 C. Sunchips—19 C. Celery & Carrot Sticks—4 C. Diced Pears—20 C. Halloween Treat</p>	<p>Breakfast Alternate—Cereal & Toast Lunch Alternate—Prepared Salad Box</p> <p>THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</p>	<p>K-12 Breakfast--\$1.55 Adult Breakfast--\$2.15 K-6 Lunch--\$2.35 6-8 Lunch--\$2.65 9-12 Lunch--\$2.70 Adult Lunch--\$3.55 Milk--\$.45</p>	<p>Menu contains approximate carbohydrate counts. Additional nutritional information is available on request. Contact Annette Kay—402-238-2447. Account questionns, contact Jo Pruess—402-238-3044.</p>
<p>NSLW National School Lunch Week October 9-12 2017</p>	<p>SCHOOL LUNCH RECIPE FOR SUCCESS!!</p>			

