

December 2018



Bennington Middle School



Bennington High School



Monday	Tuesday	Wednesday	Lunch	Friday
<p>THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER Menu contains approximate carbohydrate counts. Additional nutritional information is available on request. Contact Annette Kay 402-238-2447. Account questions contact Jo Pruess 402-238-3044</p>	<p>K-8 Breakfast---\$1.55 9-12 Breakfast---\$1.60 Adult Breakfast---\$2.20 K-5 Lunch---\$2.40 6-8 Lunch---\$2.75 Adult Lunch---\$3.60</p>	<p>Breakfast Alternate—Cereal & Toast Assorted WG options Lunch Alternate—Salad Bar, Pizza, or Sandwich Meal Choice of Chocolate Skim or 1% White</p>		
<p>3</p> <p>Pancakes on a Stick—22 C. Hot Dogs on a Bun—23 C. French Fries—20 C. Baked Beans—20 C. Applesauce—16 C.</p>	<p>4</p> <p>Dutch Waffles—43 C. Spaghetti/Meat Sauce—35 C. Peas—13 C. Diced Pears—12 C. Garlic Toast—14 C.</p>	<p>5</p> <p>Breakfast Bread—30 C. Roast Turkey—0 C. Mashed Potatoes/Gravy—36/3 C. Corn or Sweet Potatoes—9/15 C. Orange-Pineapple Gelatin—23 C. Dinner Rolls—30 C.</p>	<p>6</p> <p>Egg/Cheese/Sausage Muffin—25 C. Rib-B-Q on Bun—24 C. Broccoli-Raisin Salad—18 C. Green Beans—4 C. Diced Peaches—12 C.</p>	<p>7</p> <p>Yogurt Parfaits—23 C. Pizza—29 C. Mixed Green Salad—4 C. Mandarin Oranges—20 C. Cookie—19 C.</p>
<p>10</p> <p>Omelets/Toast—0/14 C. Hamburger/Cheeseburger—33 C. French Fries—20 C. Baked Beans—20 C. Diced Peaches—12 C.</p>	<p>11</p> <p>French Toast/Syrup—33/55 C. Chicken Nuggets—13 C. Potato Salad—20 C. Steamed Carrots—4 C. Applesauce—16 C. Butter Sandwich—14 C.</p>	<p>12</p> <p>Ham-Egg Combo Bar/Toast—9/14 C. Italian Dunkers—35 C. Peas—13 C. Diced Pears—14 C.</p>	<p>13</p> <p>Breakfast Tornadoes—21 C. Grilled Cheese—28 C. Chicken Noodle Soup—10 C. Fresh Broccoli/Cauliflower—4 C. Mandarin Oranges—20 C.</p>	<p>14</p> <p>Mini Donuts/Hot Chocolate—25/16 C. Sub Sandwich—28 C. Baked Chips—18 C. Carrots/Celery Sticks—4 C. Pineapple Tidbits—15 C.</p>
<p>17</p> <p>Scrambled Eggs/Toast—1/14 C. Crispitos/Cheese Sauce—40/9 C. Green Beans—4 C. Fresh Apple Slices—12 C. Butter Sandwich—4 C.</p>	<p>18</p> <p>Apple Bosco Sticks—40 C. Chicken Patty on Bun—37 C. Pasta Salad—29 C. Steamed Broccoli—4 C. Diced Pears—12 C.</p>	<p>19</p> <p>Pancakes/Bacon/Syrup—33/0/55 C. Corn Dogs—35 C. Baked Beans—20 C. Diced Peaches—12 C. Holiday Cookies—19 C.</p>	<p>20</p> <p>Cinnamon Rolls—29C. Stuffed Crust Pizza—39 C. Mixed Green Salad—4 C. Mandarin Oranges—20 C. Ice Cream Cups—15 C.</p>	<p>21</p> <p>Frudel—36 C.</p> <p>Early Out No Lunch Served</p>
<p>24</p>	<p>25</p>	<p>26</p> <p>HAVE A GREAT WINTER BREAK!</p> <p>SEE YOU IN THE NEW YEAR CLASSES RESUME JANUARY 8, 2019</p>	<p>27</p>	<p>28</p>
<p>31</p>				

