

February 2019









Bennington Middle School



Bennington High School



Monday	Tuesday	Wednesday	Thursday	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>MIK--\$.45 K-8 Breakfast--\$1.55 9-12 Breakfast--\$1.60 Adult Breakfast--\$2.20 K-5 Lunch--\$2.40 6-8 Lunch--\$2.75 9-12 Lunch--\$2.75 Adult Lunch--\$3.60</p>	<p>Breakfast Alternate—Cereal & Toast Assorted Whole Grain options Lunch alternate-- Salad Bar, Pizza or Sandwich Meal Choice of Chocolate Skim or White 1% Milk with every meal.</p>		<p>1 Sausage Gravy & Biscuit—28 C. Pizza—29 C. Mixed Green Salad—4 C. Diced Peaches—12 C. Cookie—19 C.</p>
<p>4 Yogurt/Goldfish Cracker—27/14 C. Hamburger-Cheeseburger—33 C. French Fries—20 C. Steamed Carrots—4 C. Diced Pears—12 C.</p>	<p>5 Waffle/Syrup—33/55 C. BBQ on Bun—24 C. Broccoli-Raisin Salad—18 C. Mixed Vegetables—4 C. Mandarin Oranges—20 C.</p>	<p>6 Fruitel—26 C. Pork Choppettes—19 C. Mashed Potatoes/Gravy—36/3 C. Corn—9 C. Diced Peaches—14 C. Dinner Rolls—30 C.</p>	<p>7 Breakfast Tornadoes—21 C. Nebraska Hot Dogs—23 C. Potato Salad—29 C. Baked Beans—20 C. Fresh Apples—20 C. NEBRASKA THURSDAYS</p>	<p>8 Muffins/Cheese Stick—30/0 C. Meatball Subs—28 C. Celery & Carrot Sticks—4 C. Peas—13 C. Pineapple Tidbits—15 C.</p>
<p>11 Breakfast Bread—30 C. Chicken Nuggets—13 C. Green Beans—4 C. Diced Peaches—14 C. Butter Sandwich—13 C.</p>	<p>12 Omelets/Toast—0/14 C. Spaghetti with Meat Sauce—35 C. Peas—13 C. Diced Pears—12 C. Garlic Toast—14 C.</p>	<p>13 Mini Donuts/Hot Chocolate—25/16 C. Pizza—29 C. Mixed Green Salad—4 C. Mandarin Oranges—20 C. Cookie—19 C.</p>	<p>14 STAFF INSERVICE NO SCHOOL </p>	<p>15  NO SCHOOL</p>
<p>18 Dutch Waffle—42 C. Rib-B-Q's on Bun—25 C. French Fries—20 C. Steamed Broccoli—4 C. Applesauce—19 C.</p>	<p>19 Scrambled Eggs/Toast—3/14 C. Mini Corn Dogs—35 C. Pasta Salad—20 C. Green Beans—4 C. Diced Peaches—14 C.</p>	<p>20 Ham-Egg Combo Bar/Toast—9/14 C. Orange Chicken—27 C. Steamed Rice—28 C. Oriental Vegetables—5 C. Pineapple Tidbits—15 C. Fortune Cookie—7 C.</p>	<p>21 Pancakes/Bacon/Syrup—33/0/55 C. Turkey & Cheese Wrap—15 C. Sunchips—19 C. Assorted Fresh Veggies—4 C. Mandarin Oranges—20 C.</p>	<p>22 Cinnamon Rolls—29 C. Walking Tacos—14 C. Lettuce-Tomato-Salsa Refried Beans—20 C. Diced Pears—14 C.</p>
<p>25 Bagels/Cream Cheese—37 C. Chicken Patty on Bun—37 C. Baked Beans—20 C. Fresh Broccoli/Cauliflower—0 C. Diced Peaches—12 C.</p>	<p>26 Apple Bosco Stick—40 C. French Toast Sticks/Syrup—33/55 C. Sausage Links—0 C. Potato Cubes—20 C. Hot Apple Slices—20 C.</p>	<p>27 Ultimate Breakfast Round—43 C. Salisbury Steak—19 C. Mashed Potatoes/Gravy—36/3 C. Steamed Carrots—4 C. Pineapple Tidbits—15 C. Dinner Rolls—30 C.</p>	<p>28 Pancake/Sausage Bites—25 C. Grilled Cheese—38 C. Chicken Noodle soup—10 C. Celery & Carrot Sticks—4 C. Mandarin Oranges—20 C. Crackers—4 C.</p>	<p>March Yogurt Parfaits—23 C. Italian Dunkers—35 C. Peas—9 C. Diced Pears—12 C.</p>
			<p>N Nebraska born Wimmers Hot Dogs on Rotella Buns made in Omaha.</p>	<p>The AppleJack festival in Nebraska City has been named as one of the Top 10 Fall Harvest Festivals in America by USA Today. Enjoy Nebraska apples and every September watch the Bennington Marching Band perform in the parade!!</p>