



BENNINGTON BADGERS

HIGH SCHOOL | January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4	Breakfast 5 Breakfast Pizza – 24g Lunch Corn Dog – 30g OR PB & J, Cheese Stick, Crackers- 47g Green Beans – 5g Fruitables Veggie Juice -14g Frozen Fruit Cup -18g Fresh Fruit – 16g	Breakfast 6 Muffin & Gogurt – 53g Lunch Chicken Strips & Ciabatta Roll – 41g OR Turkey & Swiss Hoagie – 30g Potato Smiley Faces – 31g Fruitables Veggie Juice -14g Peach Cup – 12g Fresh Fruit – 16g	Breakfast 7 Bacon, Egg, Cheese English Muffin -33g Lunch Walking Taco – 22g OR Salad with Egg & Cheese - 56g Pintos & Cheese – 21g Fruitables Veggie Juice – 14g Applesauce Cup – 12g Fresh Fruit – 16g	Breakfast 8 Glazed Cinnamon Roll – 50g Lunch Cheese/Pepperoni Pizza – 36g OR Deli Club Hoagie – 30g Steamed Broccoli – 2g Fruitables Veggie Juice -14g Tropical Fruit Cup – 15g Fresh Fruit – 16g
Breakfast 11 Nutri-Grain Bar & Hard-Boiled Egg- 30g Lunch Hamburger/Cheeseburger – 28g OR PB & J, Cheese Stick, Crackers-47g French Fries – 17g Fruitables Veggie Juice -14g Pear Cup – 16g Fresh Fruit – 16g	Breakfast 12 Pancake Wrapped Sausage Stick – 23g Lunch Toasted Ravioli & Marinara Sauce – 62g OR Crispy Chicken Salad – 60g Steamed Broccoli – 2g Fruitables Veggie Juice -14g Mixed Fruit Cup – 15g Fresh Fruit – 16g	Breakfast 13 Sausage, Egg & Cheese Croissant –28g Sack Lunch Italian Hoagie – 43g Baby Carrots & Ranch Cup – 10g Fruitables Veggie Juice – 14g Peach Cup – 12g Fresh Fruit – 16g Fruit Roll Up -11g	Breakfast 14 Mini Powdered Sugar Donuts – 41g Lunch Orange Chicken over Rice -72g OR Taco Salad – 41g Oriental Vegetables – 3g Fruitables Veggie Juice – 14g Mandarin Oranges Cup – 16g Fresh Fruit – 16g	Breakfast 15 French Toast Sticks – 36g Lunch Fiesta Pizza – 43g OR Turkey BLT Wrap – 68g Fiesta Black Beans – 12g Fruitables Veggie Juice – 14g Applesauce Cup – 12g Fresh Fruit – 16g
Breakfast 18 Pop Tart & Hard-Boiled Egg – 31g Lunch Pancakes & Sausage Links – 41g OR PB & J, Cheese Stick, Crackers-47g Green Beans – 5g Fruitables Veggie Juice -14g Tropical Fruit Cup – 15g Fresh Fruit – 16g	Breakfast 19 Breakfast Pizza – 24g Lunch Crispy/Spicy Chicken Sandwich – 40g Chef Salad – 56g Sweet Potato Wedges – 25g Fruitables Veggie Juice -14g Pear Cup – 16g Fresh Fruit – 16g	Breakfast 20 Muffin & Gogurt – 53g Lunch BBQ Pork Sandwich – 54g OR Deli Club Hoagie – 30g Baked Beans – 28g Fruitables Veggie Juice -14g Frozen Fruit Cup – 18g Fresh Fruit – 16g	Breakfast 21 Bacon, Egg, Cheese English Muffin -33g Lunch Chicken Fried Steak & Roll – 31g OR Salad with Egg & Cheese – 56g Mashed Potatoes & Gravy – 24g Fruitables Veggie Juice – 14g Mixed Fruit Cup – 12g Fresh Fruit – 16g	Breakfast 22 Glazed Cinnamon Roll – 50g Lunch French Bread Pizza – 36g OR West Coast Veggie Wrap – 42g Sweet Kale Salad – 17g Fruitables Veggie Juice -14g Peach Cup – 12g Fresh Fruit – 16g
Breakfast 25 Nutri-Grain Bar & Hard-Boiled Egg- 30g Lunch Hamburger/Cheeseburger – 28g OR PB & J, Cheese Stick, Crackers-47g French Fries – 17g Fruitables Veggie Juice -14g Applesauce Cup– 12g Fresh Fruit – 16g	Breakfast 26 Pancake Wrapped Sausage Stick – 23g Lunch Cheese Stuffed Lasagna Roll & Breadstick – 37g OR Crispy Chicken Salad – 60g Roasted Zucchini – 3g Fruitables Veggie Juice – 14g Mandarin Orange Cup – 16g Fresh Fruit – 16g	Breakfast 27 Sausage, Egg & Cheese Croissant –28g Sack Lunch Turkey Bacon Hoagie – 43g Broccoli & Ranch Cup – 8g Fruitables Veggie Juice – 14g Tropical Fruit Cup – 15g Fresh Fruit – 16g Fruit Roll Up -11g	Breakfast 28 Mini Powdered Sugar Donuts – 41g Lunch Chicken Wings & Ciabatta Roll – 34g OR Taco Salad – 41g Steamed Carrots – 6g Fruitables Veggie Juice – 14g Pear Cup – 16g Fresh Fruit – 16g	Breakfast 29 French Toast Sticks – 36g Lunch Crispitos – 46g OR Chicken Caesar Wrap – 53g Fiesta Black Beans – 12g Fruitables Veggie Juice – 14g Frozen Fruit Cup – 18g Fresh Fruit – 16g

Milk is served daily with breakfast and lunch. Students may choose milk from the following selections; skim chocolate, skim strawberry and 1% white. Fruit and juice are served daily with breakfast. Approximate grams of carbohydrates are listed for each menu item. For additional nutrition information contact Tracy Watsabaugh at 402-238-3044.
MENU IS SUBJECT TO CHANGE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.