





JANUARY 2018

Bennington Middle School



Bennington High School



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
				STAFF INSERVICE NO SCHOOL
8	9	10	11	12
Pretzels/Cheese Sauce—29 C. Hot Dog on Bun—23 C. French Fries—20 C. Baked Beans—20 C. Diced Peaches—12 C.	Cereal & Toast—24/14 C. Crispitos/Cheese Sauce—24/9 C. Green Beans—4 C. Diced Pears—12 C. Butter Sandwich—14 C.	Frudel—36 C. Orange Chicken—27 C. Steamed Rice—28 C. Oriental Vegetables—5 C. Pineapple Tidbits—15 C. Fortune Cookie—19 C.	Scrambled Eggs & Toast—0/14 C. Chicken Patty on Bun—37 C. Potato Salad—29 C. Steamed Carrots—4 C. Applesauce—16 C.	Pancakes/Bacon/Syrup—28/0/55C. Pizza—29 C. Mixed Green Salad—4 C. Mandarin Oranges—20 C. Cookie—19 C.
15	16	17	18	19
NO SCHOOL	Yogurt/Goldfish Crackers--27/14 C. French Toast/Syrup—33/55 C. Sausage Links—0 C. Potato Cubes—20 C. Hot Apple Slices—20 C.	Ham-Egg Combo Bar—25 C. Pork Choppette—19 C. Mashed Potatoes/Gravy—36/3 C. Green Beans—4 C. Strawberry Cups—38 C. Biscuits—30 C.	Ultimate Breakfast Rounds—43 C. Chili—24 C. Celery & Carrot Sticks—4 C. Corn—9 C. Diced Pears—14 C. Cinnamon Rolls—29 C.	Cinnamon Swirl Coffeecake—27 C. Sub Sandwich—28 C. Lettuce-Tomato-Pickle Baked Chips—18 C. Celery & Carrot Sticks—4 C. Pineapple—20 C.
22	23	24	25	26
Waffles/Syrup—33/55 C. Hamburger/Cheeseburger—33 C. French Fries—20 C. Green Beans—4 C. Fresh Apple Slices—12 C.	Tornados—21 C. Chicken Nuggets—13 C. Broccoli-Raisin Salad—18 C. Corn—9 C. Mandarin Oranges—20 C.	Apple Bosco Stick—40 C. Salisbury Steak—19 C. Mashed Potatoes/Gravy—36/3 C. Mixed Vegetables—4 C. Applesauce—19 C. Dinner Rolls—30 C.	Omelets & Toast—0/14 C. Chef's Salad—5 C. Ham-Turkey-Cheese-Beans Diced Peaches—12 C. Assorted Muffins—30 C.	Sausage Gravy & Biscuits—29 C. Calzones/Sauce—35 C. Steamed Carrots—4 C. Diced Pears—12 C.
29	30	31	THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER <i>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</i>	
Cereal & Toast—24/14 C. Sloppy Joe on Bun—36 C. Sun Chips—14 C. Baked Beans—20 C. Applesauce—19 C.	French Toast—33/55 C. Mini Corn Dogs—235 C. Cole Slaw—5 C. Fresh Broccoli/Cauliflower—4 C. Diced Peaches—12 C. Butter Sandwich—14 C.	Dutch Waffles—43 C. Italian Dunkers—35 C. Peas—9 C. Diced Pears—12 C.		
Breakfast Alternate—Cereal & Toast Lunch alternate—Salad Bar, Pizza Meal, or Sandwich Meal Choice of Chocolate Skim or 1% White Milk	