

JANUARY 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 carb counts. Additional nutritional information is available on request. Contact Annette Kay 402-238-2447. Account questions contact Jo Pruess 402-238-3044.</p>	<p>Milk---\$.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 WG options Lunch Alternate—Salad Bar, Pizza, or Sandwich Meal Choice of Chocolate Skim or 1% White</p>	<p>Introducing NEBRASKA THURSDAYS Nebraska schools serve 233,000 students per day. Bennington is joining with the Nebraska Department of Education Nutrition Services and Center for Rural Affairs in supporting the use of locally sourced food.</p>	
<p>STAFF INSERVICE NO SCHOOL</p>	<p>Waffles/Syrup—33/55 C. Hot Dog on Bun—23 C. French Fries—20 C. Green Beans—4 C. Diced Peaches—12 C.</p>	<p>Frudel—36 C. Pork Choppettes—19 C. Mashed Potatoes/Gravy—36/3 C. Steamed Carrots—4 C. Diced Pears—14 C. Dinner Rolls—30 C.</p>	<p>Scrambled Eggs/Toast—3/24 C. Beef Philly on Rotella Bun—28 C. Fresh Tomatoes—4 C. Baked Beans—20 C. Applesauce—16 C.</p> <p>N</p>	<p>Cinnamon Swirl Coffeecake—27 C. Pizza—29 C. Mixed Green Salad—4 C. Mandarin Oranges—20 C. Cookie—19 C.</p>
<p>Mini Cinnis—40 C. Hamburger-Cheeseburger—33 C. French Fries—20 C. Corn—9 C. Fresh Apple Slices—12 C.</p>	<p>Breakfast Bread—30 C. Crispitos/Cheese Sauce—24/9 C. Steamed Carrots—4 C. Fresh Grapes—27 C. Butter Sandwich—14 C.</p>	<p>Ham-Egg Combo Bar/Toast—9/14 C. Orange Chicken—22 C. Steamed Rice—28 C. Oriental Vegetables—5 C. Pineapple Tidbits—15 C. Fortune Cookie—7 C.</p>	<p>Pancakes/Bacon/Syrup—33/0/55 C. Chili—24 C. Celery & Carrot Sticks—4 C. Diced Pears—12 C. Cinnamon Rolls—28 C. Crackers—4 C.</p>	<p>Donuts—29 C. Chicken Tacos—15 C. Lettuce-Tomato-Salsa Refried Beans—20 C. Green Beans—4 C. Diced Peaches—14 C.</p>
<p>NO SCHOOL</p>	<p>Yogurt/Crackers—27/14 C. French Toast/Syrup—33/55 C. Sausage Links—0 C. Potato Cubes—20 C. Hot Apple Slices—20 C.</p>	<p>Apple Bosco Sticks—40 C. Salisbury Steak—19 C. Mashed Potatoes/Gravy—36/3 C. Corn—9 C. Diced Pears—12 C. Dinner Rolls—30 C.</p>	<p>Ultimate Breakfast Rounds—43 C. Chicken Nuggets—13 C. Pasta Salad—29 C. Green Beans—4 C. Diced Peaches—14 C. Butter Sandwich—14 C.</p>	<p>Cinnamon Rolls—29 C. Sub Sandwich—28 C. Lettuce-Tomatoes-Pickle Baked Chips—18 C Celery & Carrot Sticks—4 C. Mandarin Oranges—20 C.</p>
<p>Bagels/ Cream Cheese—27/0 C. Beef/Bean Burrito—25 C. Shredded Lettuce/Cheese Spanish Rice—18 C. Corn—9 C. Applesauce—16 C.</p>	<p>French Toast/Syrup—33/55 C. Chicken Patty on Bun—27 C. Fresh Broccoli & Cauliflower—4 C. Green Beans—4 C. Pineapple Tidbits—15 C.</p>	<p>Muffins/Cheese Stick—30/0 C. Italian Dunkers—35 C. Peas—9 C. Diced Pears—12 C.</p>	<p>Omelets/Toast—0/14 C. Grilled Cheese—28 C. Chicken Noodle Soup—10 C. Celery & Carrot Sticks—4 C. Mandarin Oranges—20 C. Crackers—4 C.</p>	
<p>Bennington School will be celebrating Nebraska Thursdays featuring Nebraska and locally grown and processed foods. First Thursday of every month. Watch for it!!</p>	<p>January 10, 2019 Menu Beef Philly with Nebraska grown beef and local Rotella's Buns. Fresh Hot House Tomatoes from O' Neill, Nebraska</p>		<p>Did you know Nebraska is the #3 state in the production of dry edible beans like those found in our Thursday Baked Beans</p> <p>JANUARY FUN FACT!!</p>	

