




BENNINGTON BADGERS

NOVEMBER 2021
ELEMENTARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 1 Mini French Toast – 35g Lunch Grilled Cheese Sandwich – 30g OR Yogurt, Cheese Stick & Bagel - 52g Green Beans – 5g Fresh Vegetables – 5g Orange Wedges – 8g 5	Breakfast 2 Mini Pancake & Sausage Bites – 20g Lunch Orange Chicken over Rice – 41g OR EZ Jammer – 28g Edamame – 5g Fresh Vegetables – 5g Pineapple – 22g Fortune Cookie – 7g 1	Breakfast 3 Cereal & Gogurt – 33g Lunch Hot Dog – 29g OR Yogurt, Cheese Stick & Bagel - 52g Sweet Potato Wedges – 31g Fresh Vegetables – 5g Applesauce – 16g 2	Breakfast 4 Pumpkin Bread Slice – 44g Lunch Pot Roast & Ciabatta Roll – 29g OR EZ Jammer – 28g Mashed Potatoes & Gravy – 24g Fresh Vegetables – 5g Peaches – 12g 3	Breakfast 5 Mini Cinnis – 40g Lunch Cheese Pizza – 34g OR Yogurt, Cheese Stick & Bagel - 52g Tossed Green Salad – 6g Fresh Vegetables – 5g Banana – 27g 4
Breakfast 8 Frudel Pastry – 36g Lunch Italian Dunkers – 22g OR Yogurt, Cheese Stick & Bagel - 52g Marinara Sauce – 6g Roasted Zucchini – 3g Fresh Vegetables – 5g Strawberries – 10g 5	Breakfast 9 Sausage, Egg & Cheese Croissant – 28g Lunch Pancakes & Sausage Links – 30g OR EZ Jammer – 28g Steamed Carrots – 6g Fresh Vegetables – 5g Grapes – 10g 1	Breakfast 10 Cereal & Gogurt – 33g Sack Lunch Turkey and Cheese Sandwich – 30g Veggie Juice – 14g Broccoli & Ranch Cup – 4g Apple Wedges – 8g 2	Breakfast 11 Muffin – 30g Lunch Beef & Cheese Tot-Chos – 24g Roll – 20g OR EZ Jammer – 28g Fresh Vegetables – 5g Pears – 12g 3	Breakfast 12 Frosted Long John Pastry – 44g Lunch Crispy Chicken Sandwich – 40g OR Yogurt, Cheese Stick & Bagel - 52g Baked Beans – 28g Fresh Vegetables – 5g Mixed Fruit – 15g Cookie – 21g 4
Breakfast 15 Mini French Toast – 35g Lunch Philly Cheese Steak Sandwich – 29g OR Yogurt, Cheese Stick & Bagel - 52g Sweet Kale Salad – 17g Fresh Vegetables – 5g Frozen Fruit Cup – 18g 5	Breakfast 16 Mini Pancake & Sausage Bites – 20g Lunch Chicken Strips – 10g Roll – 20g OR EZ Jammer – 28g Green Beans – 5g Fresh Vegetables – 5g Orange Wedges – 8g 1	Breakfast 17 Cereal & Gogurt – 33g Lunch Cheese Quesadilla – 32g Salsa – 4g OR Yogurt, Cheese Stick & Bagel - 52g Corn – 14g Fresh Vegetables – 5g Tropical Fruit – 15g 2	Breakfast 18 Pumpkin Bread Slice – 44g Thanksgiving Lunch Turkey and Gravy – 6g Roll – 20g OR EZ Jammer – 28g Mashed Potatoes – 18g Fresh Vegetables – 5g Warm Cinnamon Apples – 17g Cookie – 21g 3	Breakfast 19 Mini Cinnis – 40g Lunch Fiestada Pizza – 43g OR Yogurt, Cheese Stick & Bagel - 52g Fiesta Black Beans – 12g Fresh Vegetables – 5g Banana – 27g 4
Breakfast 22 Frudel Pastry – 36g Lunch Hamburger/Cheeseburger – 28g OR Yogurt, Cheese Stick & Bagel - 52g French Fries – 17g Fresh Vegetables – 5g Applesauce – 16g 5	Breakfast 23 Bacon, Egg, Cheese English Muffin – 33g Lunch <i>New</i> - Sweet & Sour Chicken – 38g Rice - 22g OR EZ Jammer – 28g Mixed Vegetables – 8g Fresh Vegetables – 5g Peaches – 12g Fortune Cookie – 7g 1	24	25 	26
Breakfast 29 Mini French Toast – 35g Lunch Chicken Fried Steak – 19g Roll – 20g OR Yogurt, Cheese Stick & Bagel - 52g Mashed Potatoes & Gravy – 24g Fresh Vegetables – 5g Pears – 12g 2	Breakfast 30 Mini Pancake & Sausage Bites – 20g Lunch Chicken Nuggets – 15g OR EZ Jammer – 28g Steamed Carrots – 6g Fresh Vegetables – 5g Strawberries – 10g 3			

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.