



BENNINGTON BADGERS

OCTOBER 2021
ELEMENTARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				Breakfast 1 Frosted Long John Pastry – 44g Lunch Crispy Pork Tenderloin Sandwich – 44g OR Yogurt, Cheese Stick & Bagel – 52g French Fries – 17g Fresh Vegetables – 5g Banana – 27g 1
Breakfast 4 Mini French Toast – 35g Lunch Chicken Nuggets – 15g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Potato Wedges – 25g Fresh Vegetables – 5g Mixed Fruit – 15g 2	Breakfast 5 Mini Pancake & Sausage Bites – 20g Lunch Chicken Fried Steak – 19g Roll – 20g OR EZ Jammer – 28g Mashed Potatoes & Gravy – 24g Fresh Vegetables – 5g Mixed Berries – 9g 3	Breakfast 6 Cereal & Gogurt – 47g Sack Lunch Turkey and Cheese Sandwich – 30g Veggie Juice – 14g Broccoli & Ranch Cup – 4g Apple Wedges – 8g 4	Breakfast 7 Pumpkin Bread Slice – 44g Lunch Beef and Cheese Nachos – 33g OR EZ Jammer – 28g Pintos & Cheese – 21g Fresh Vegetables – 5g Pears – 12g 5	Breakfast 8 Mini Cinnis – 40g Lunch Cheese Pizza – 34g OR Yogurt, Cheese Stick & Bagel – 52g House Salad – 14g Fresh Vegetables – 5g Orange Wedges – 8g Cookie – 21g 1
Breakfast 11 Frudel Pastry – 36g Lunch Taquito – 15g Cheese Sauce – 7g OR Yogurt, Cheese Stick & Bagel – 52g Corn – 14g Fresh Vegetables – 5g Peaches – 12g 2	Breakfast 12 Sausage, Egg & Cheese Croissant – 28g Lunch Teriyaki Chicken – 15g Rice – 22g OR EZ Jammer – 28g Edamame – 5g Fresh Vegetables – 5g Pineapple – 22g Fortune Cookie – 7g 3	Breakfast 13 Cereal & Gogurt – 47g Lunch Mini Corn Dogs – 17g OR Yogurt, Cheese Stick & Bagel – 52g Steamed Carrots – 6g Fresh Vegetables – 5g Grapes – 10g 4	14	15
Breakfast 18 Mini French Toast – 35g Lunch Macaroni & Cheese – 35g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables – 5g Orange Wedges – 8g 5	Breakfast 19 Mini Pancake & Sausage Bites – 20g Lunch Meatball Sub – 31g OR EZ Jammer – 28g French Fries – 17g Fresh Vegetables – 5g Applesauce – 16g 1	Breakfast 20 Cereal & Gogurt – 47g Lunch Chicken & Waffles – 24g OR Yogurt, Cheese Stick & Bagel – 52g Candied Butternut Squash – 16g Fresh Vegetables – 5g Mixed Fruit – 15g 2	Breakfast 21 Pumpkin Bread Slice – 44g Lunch Sloppy Joe – 35g OR EZ Jammer – 28g Baked Beans – 28g Fresh Vegetables – 5g Pears – 12g 3	Breakfast 22 Mini Cinnis – 40g Lunch French Bread Pizza – 36g OR Yogurt, Cheese Stick & Bagel – 52g Tossed Green Salad – 6g Fresh Vegetables – 5g Banana – 27g 4
Breakfast 25 Frudel Pastry – 36g Lunch Hamburger/Cheeseburger – 28g OR Yogurt, Cheese Stick & Bagel – 52g Tater Tots – 19g Fresh Vegetables – 5g Apple Wedges – 8g 5	Breakfast 26 Bacon, Egg, Cheese English Muffin – 33g Lunch Chicken Drumstick – 6g Ciabatta Roll – 22g OR EZ Jammer – 28g Steamed Broccoli – 2g Fresh Vegetables – 5g Peaches – 12g 1	Breakfast 27 Cereal & Gogurt – 47g Sack Lunch Ham & Cheese Sandwich – 30g Veggie Juice – 14g Baby Carrots & Ranch Cup – 8g Fresh Vegetables – 5g Frozen Fruit Cup – 18g 2	Breakfast 28 Muffin – 30g Lunch Rotini & Meat Sauce – 35g Garlic Bread – 14g OR EZ Jammer – 28g House Salad – 14g Fresh Vegetables – 5g Grapes – 10g 3	Breakfast 29 Frosted Long John Pastry – 44g Lunch Fiestada Pizza – 43g OR Yogurt, Cheese Stick & Bagel – 52g Fiesta Black Beans – 12g Fresh Vegetables – 5g Mandarin Oranges – 13g Cookie – 21g 4

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.