



BENNINGTON BADGERS

September 2021
ELEMENTARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast Cereal & Gogurt – 47g Sack Lunch Chicken & Waffles – 24g OR Ham and Cheese Sandwich – 25g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Potato Wedges – 31g Fresh Vegetables – 5g Watermelon – 6g	Breakfast Muffin & Hard-Boiled Egg – 33g Lunch Chicken Fried Steak – 19g Roll – 20g OR Salad with Egg & Cheese – 39g OR Yogurt, Cheese Stick & Bagel – 52g Mashed Potatoes & Gravy – 24g Fresh Vegetables – 5g Frozen Fruit Cup – 18g	Breakfast Frosted Long John Pastry – 44g Lunch Fiestada Pizza – 43g OR Hummus, Veggies & Crackers – 47g OR Yogurt, Cheese Stick & Bagel – 52g Fiesta Black Beans – 12g Fresh Vegetables – 5g Banana – 27g
Labor Day 6	Breakfast Bacon, Egg, Cheese English Muffin -33g Lunch Hamburger/Cheeseburger – 28g OR EZ Jammer – 28g OR Yogurt, Cheese Stick & Bagel - 52g French Fries – 17g Fresh Vegetables – 5g Apple Wedges – 8g	Breakfast Cereal & Gogurt – 47g Lunch Chicken Soft Taco – 26g OR Turkey & Cheese Croissant – 28g OR Yogurt, Cheese Stick & Bagel –52g Pintos & Cheese – 21g Fresh Vegetables – 5g Pineapple – 22g	Breakfast Pop Tart & Hard-Boiled Egg – 31g Lunch Chicken Pasta Alfredo – 27g Garlic Bread – 14g Or Chef Salad – 40g OR Yogurt, Cheese Stick & Bagel – 52g Steamed Broccoli – 2g Fresh Vegetables – 5g Grapes – 10g	Breakfast Glazed Cinnamon Roll – 50g Lunch Pancakes & Sausage Links – 27g OR Cottage Cheese, Fruit & Crackers – 40g OR Yogurt, Cheese Stick & Bagel – 52g Tater Tots – 19g Fresh Vegetables – 5g Cantaloupe -7g Chocolate Chip Cookie – 19g
Breakfast Mini Chocolate Donuts – 41g Lunch Orange Chicken over Rice – 40g OR EZ Jammer – 28g OR Yogurt, Cheese Stick & Bagel – 52g Edamame – 5g Fresh Vegetables – 5g Mixed Fruit – 15g	Breakfast Sausage, Egg & Cheese Croissant –28g Lunch Hot Dog - 29g OR Crispy Chicken Salad – 41g OR Yogurt, Cheese Stick & Bagel –52g Steamed Carrots – 6g Fresh Vegetables – 5g Watermelon – 6g	Breakfast Cereal & Gogurt – 47g Sack Lunch Italian Hoagie – 30g Veggie Juice – 14g Celery Sticks & Ranch Cup – 8g Frozen Fruit Cup – 18g	Breakfast Muffin & Hard-Boiled Egg – 33g Lunch Pot Roast & Ciabatta Roll – 29g OR Salad with Egg & Cheese – 39g OR Yogurt, Cheese Stick & Bagel – 52g Mashed Potatoes & Gravy – 24g Fresh Vegetables – 5g Strawberries – 10g	Breakfast Frosted Long John Pastry – 44g Lunch French Bread Pizza – 36g OR Hummus, Veggies & Crackers – 47g OR Yogurt, Cheese Stick & Bagel – 52g Sweet Kale Salad – 17g Fresh Vegetables – 5g Cinnamon Applesauce – 20g
"National Pepperoni Pizza Day" Breakfast Mini Powdered Sugar Donuts – 41g Lunch Pepperoni Pizza – 29g OR EZ Jammer – 28g OR Yogurt, Cheese Stick & Bagel – 52g House Salad – 14g Fresh Vegetables – 5g Orange Wedges – 8g	Breakfast Bacon, Egg, Cheese English Muffin-33g Lunch Chicken Drumstick – 6g Ciabatta Roll – 22g OR Taco Salad – 41g OR Yogurt, Cheese Stick & Bagel - 52g Candied Butternut Squash – 16g Fresh Vegetables – 5g Pears – 12g	Breakfast Cereal & Gogurt – 47g Lunch Philly Cheese Steak – 29g OR Turkey & Cheese Sandwich – 30g OR Yogurt, Cheese Stick & Bagel – 52g Fresh Vegetables – 5g Steamed Broccoli – 2g Cantaloupe – 7g	Breakfast Pop Tart & Hard-Boiled Egg – 31g Lunch Beef & Cheese Tot-Chos – 24g Roll – 20g Or Chef Salad – 40g OR Yogurt, Cheese Stick & Bagel – 52g Fresh Vegetables – 5g Tropical Fruit – 15g	Breakfast Glazed Cinnamon Roll – 50g Lunch Crispy Chicken Sandwich – 40g OR Cottage Cheese, Fruit & Crackers – 40g OR Yogurt, Cheese Stick & Bagel – 52g Baked Beans -28g Fresh Vegetables – 5g Banana – 27g Double Chocolate Chip Cookie – 24g
Breakfast Mini Chocolate Donuts – 41g Lunch Chicken Strips – 10g Roll – 20g OR EZ Jammer – 28g OR Yogurt, Cheese Stick & Bagel – 52g Green Beans – 5g Fresh Vegetables –5g Apple Wedges – 8g	Breakfast Sausage, Egg & Cheese Croissant –28g Lunch Italian Dunkers – 22g Marinara Sauce – 6g OR Crispy Chicken Salad – 41g Tossed Salad – 6g OR Yogurt, Cheese Stick & Bagel – 52g Fresh Vegetables – 5g Mandarin Oranges – 13g	Breakfast Cereal & Gogurt – 47g Lunch Grilled Cheese Sandwich – 30g OR Ham & Cheese Sandwich – 30g OR Yogurt, Cheese Stick & Bagel - 52g Steamed Carrots – 6g Fresh Vegetables – 5g Frozen Fruit Cup – 18g	Breakfast Muffin & Hard-Boiled Egg – 33g Lunch Chili – 12g Cinnamon Roll – 50g OR Salad with Egg & Cheese – 39g OR Yogurt, Cheese Stick & Bagel - 52g Fresh Vegetables -5g Mixed Fruit – 15g	

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.