

March 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 carbohydrate counts. Additional nutritional information is available on request. Contact Annette Kay 402-238-2447. Account questions contact Jo Pruess 402-238-3044</p>	<p><u>Milk</u>---\$.45 <u>K-8 Breakfast</u>---\$1.55 <u>9-12 Breakfast</u>---\$1.60 <u>Adult Breakfast</u>---\$2.20 <u>K-5 Lunch</u>---\$2.40 <u>6-8 Lunch</u>---\$2.75 <u>9-12 Lunch</u>---\$2.75 <u>Adult Lunch</u>---\$3.60</p>	<p><u>Breakfast Alternate</u>—Cereal & Toast <u>Assorted Whole Grain Options</u> <u>Lunch Alternate</u>—Salad Bar, Pizza, or Sandwich Meal</p> <p><i>Choice or Chocolate Skim or White 1% Milk with every meal.</i></p>	<p>NSLP National School Breakfast Week March 4-8 START YOUR ENGINES!!</p> 	<p><u>Yogurt Parfaits</u>—23 C. <u>Italian Dunkers</u>—35 C. <u>Peas</u>—9 C. <u>Diced Pears</u>—12 C.</p>
<p>4 <u>Waffles/Syrup</u>—33/55 C. <u>Hamburger/Cheeseburger</u>—33 C. <u>French Fries</u>—20 C. <u>Steamed Carrots</u>—4 C. <u>Applesauce</u>—19 C.</p>	<p>5 <u>Scrambled Eggs/Toast</u>—3/14 C. <u>Crispitos/Cheese Sauce</u>—24/9 C. <u>Green Beans</u>—4 C. <u>Diced Pears</u>—12 C. <u>Butter Sandwich</u>—14 C.</p>	<p>6 <u>Iced Long Johns</u>—44 C. <u>Mac & Cheese</u>—37 C. <u>Steamed Broccoli</u>—4 C. <u>Diced Peaches</u>—12 C.</p>	<p>7 <u>Cinnamon Swirl Coffeecake</u>—27 C. <u>Enchiladas/Cheese</u>—32/9 C. <u>Refried Beans</u>—20 C. <u>Rice</u>—20 C. <u>Fresh Apples</u>—12 C.</p> <p>N</p> <p>Nebraska Thursday</p>	<p>8 NO SCHOOL TEACHER INSERVICE</p>
<p>11 <u>Breakfast Bread</u>—30 C. <u>Chicken Nuggets</u>—13 C. <u>Pasta Salad</u>—29 C. <u>California Blend Veggies</u>—4 C. <u>Pineapple Tidbits</u>—15 C.</p>	<p>12 <u>French Toast/Syrup</u>—33/55 C. <u>Meatball Subs</u>—28 C. <u>Peas</u>—13 C. <u>Diced Pears</u>—12 C.</p>	<p>13 <u>Ham-Egg Combo Bar/Toast</u>—3/143 C. <u>Salisbury Steak</u>—19 C. <u>Mashed Potatoes/Gravy</u>—36/3 C. <u>Corn</u>—9 C. <u>Diced Peaches</u>—14 C. <u>Dinner Rolls</u>—30 C.</p>	<p>14 <u>Breakfast Tornadoes</u>—21 C. <u>Super Nachos</u>—25 C. <u>Cheese-Lettuce-Tomato</u> <u>Refried Beans</u>—20 C. <u>Fresh Broccoli & Cauliflower</u>—4 C. <u>Mandarin Oranges</u>—20 C.</p>	<p>15 <u>Cinnamon Rolls</u>—29 C. <u>Grilled Cheese</u>—28 C. <u>Tomato Soup</u>—18 C. <u>Celery & Carrot Sticks</u>—4 C. <u>Fresh Fruit Mix</u>—15 C.</p>
<p>18 <u>Cereal Bars/Cheese Stick</u>—30/0 C. <u>Pork Tenderloin on Bun</u>—35 C. <u>French Fries</u>—20 C. <u>Baked Beans</u>—20 C. <u>Diced Pears</u>—12 C.</p>	<p>19 <u>Egg/Sausage English Muffin</u>—25 C. <u>Mini Corn Dogs</u>—35 C. <u>Steamed Carrots</u>—4 C. <u>Applesauce</u>—19 C. <u>Butter Sandwich</u>—14 C.</p>	<p>20 <u>Frudel</u>—26 C. <u>Hot Turkey Sandwich</u>—20 C. <u>Mashed Potatoes/Gravy</u>—36/3 C. <u>Corn</u>—9 C. <u>Mandarin Oranges</u>—20 C.</p>	<p>21 <u>Ultimate Breakfast Rounds</u>—43 C. <u>Orange Chicken</u>—22 C. <u>Steamed Rice</u>—20 C. <u>Oriental Vegetables</u>—5 C. <u>Pineapple Tidbits</u>—15 C.</p>	<p>22 <u>Apple Bosco Sticks</u>—40 C. <u>Cheese Pizza</u>—29 C. <u>Mixed Green Salad</u>—4 C. <u>Diced Peaches</u>—12 C. <u>Cookie</u>—19 C.</p>
<p>25 <u>Yogurt/Goldfish Crackers</u>—29/14 C. <u>Hot Dogs</u>—23 C. <u>French Fries</u>—20 C. <u>Broccoli with Cheese Sauce</u>—9 C. <u>Mandarin Oranges</u>—20 C.</p>	<p>26 <u>Omelets/Toast</u>—0/14 C. <u>French Toast/Syrup</u>—33/55 C. <u>Sausage Links</u>—0 C. <u>Potato Cubes</u>—20 c. <u>Hot Apple Slices</u>—20 C.</p>	<p>27 <u>Mini Cinnis</u>—40 C. <u>Pork Choppette</u>—19 C. <u>Mashed Potatoes/Gravy</u>—36/3 C. <u>Green Beans</u>—4 C. <u>Pineapple Tidbits</u>—15 C. <u>Dinner Roll</u>—30 C.</p>	<p>28 <u>Pancakes/Bacon/Syrup</u>—33/0/55 C. <u>Chicken Patty on Bun</u>—37 C. <u>Sunchips</u>—19 C. <u>Baked Beans</u>—20 C. <u>Diced Peaches</u>—12 C.</p>	<p>29 <u>Donuts</u>—29 C. <u>Italian Dunkers</u>—35 C. <u>Peas</u>—9 C. <u>Diced Pears</u>—12 C.</p>
<p> DRIVE YOUR DAY WITH SCHOOL BREAKFAST!!</p>	<p><i>Did you know that school breakfast is served to 14 million students daily. Fuel the Mind and Body for High Performance. Join us in the morning for Breakfast in the Cafeteria!!</i></p>	<p> Rise and Shine with School Breakfast!!</p>	<p>Nebraska Thursday Featured this month—Enchiladas made in Omaha, Nebraska</p> <p>N</p>	<p></p>