

**MARCH 2020**

**BENNINGTON MIDDLE SCHOOL**



**BENNINGTON HIGH SCHOOL**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Cereal/Toast—25/14 C. Hot Dog on Bun—23 C. French Fries—20 C. Steamed Broccoli—4 C. Pineapple Tidbits—15 C.	Muffins/Cheese Stick—30/0 C. Meatball Subs—28 C. Baked Chips—18 C. Green Beans—4 C. Mandarin Oranges—20 C.	Apple Bosco Stick—43 C. Salisbury Steak—19 C. Mashed Potatoes/Gravy—20/3 C. Corn—9 C. Diced Pears—12 C. Dinner Roll—30 C.	Egg/Sausage Sandwich—25 C. Enchilada/Cheese—32/0 C. Rice—20 C. Refried Beans—20 C. Applesauce—19 C. NEBRASKA THURSDAY	Donuts—29 C. Cheese Pizza—29 C. Mixed Green Salad—4 C. Diced Peaches—12 C. Cookie—19 C.
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Breakfast Pizza—29 C. Chicken Patty on Bun—37 C. Pasta Salad—20 C. Carrot/Celery Sticks—4 C. Diced Pears—12 C.	Scrambled Eggs/Toast—0/14 C. Crispitos/Cheese Sauce—24/9 C. Green Beans—4 C. Fresh Apples—12 C. Butter Sandwich—14 C.	Sausage Gravy & Biscuits—28 C. Pork Choppettes—19 C. Mashed Potatoes/Gravy—36/3 C. Mixed Vegetables—9 C. Mandarin Oranges—20 C. Dinner Roll—30 C.	Pancakes/Bacon/Syrup—33/0/55 C. Chef's Salad—5 C. Ham-Turkey-Beans-Cheese Assorted Veggies—4 C. Fruit Cups—30 C. Muffins—30 C.	Cinnamon Roll—39 C. Mac & Cheese—37 C. Steamed Broccoli—4 C. Diced Peaches—12 C.
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Cereal Pastry Bars—40 C. BBQ Beef on Bun—28 C. French Fries—20 C. Fresh Broccoli/Cauliflower—4 C. Applesauce—19 C.	Scones—43 C. Beef Soft Tacos—14 C. Lettuce-Tomato-Salsa Refried Beans—20 C. Diced Pears—12 C. Butter Sandwich—14 C.	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—19 C.	Waffles/Syrup—33/55 C. Pasta Al Fredo with Ham—42 C. Peas—13 C. Mandarin Oranges—20 C.	Cinnamon Streusel Coffeecake—27 C. Grilled Cheese—38 C. Tomato Soup—18 C. Celery & Carrot Sticks—4 C. Diced Peaches—12 C. Crackers—4 C.
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Breakfast Bread—30 C. Hamburger/Cheeseburger—38 C. French Fries—20 C. Baked Beans—20 C. Diced Pears—12 C.	Omelets/Toast—0/14 C. French Toast/Syrup—33/55 C. Sausage Links—0 C. Potato Cubes—20 C. Hot Apple Slices—20 C.	Frudel—26 C. Chicken Fried Steak—19 C. Mashed Potatoes/Gravy—20/3 C. Corn—9 C. Mandarin Oranges—20 C. Dinner Roll—30 C.	Breakfast Tornado—21 C. Chicken Nuggets—13 C. Steamed Broccoli—4 C. Mixed Fresh Fruit—15 C. Butter Sandwich—14 C.	Yogurt Parfaits—23 C. Fish Sandwich—37 C. Hash Brown Patty—20 C. Carrot/Celery Stick—4 C. Diced Peaches—12 C. Cookie—19 C.
<b>30</b>	<b>31</b>	<p><i>Milk---\$.45</i>  <i>K-8 Breakfast---\$1.60</i>  <i>9-12 Breakfast---\$1.70</i>  <i>Adult Breakfast---\$2.20</i>  <i>K-5 Lunch---\$2.45</i>  <i>6-8 Lunch---\$2.75</i>  <i>9-12 Lunch---\$2.80</i>  <i>Adult Lunch---\$3.60</i></p>		<p><b>NEBRASKA THURSDAY</b>  <i>Taste Traditions Enchiladas and Hilland Milk from Omaha, Nebraska</i></p> <p><b>N</b></p>
Fr. Toast/Sausage/Syrup—33/0/55 C. Pork Tenderloin on Bun—35 C. Broccoli Raisin Salad—18 C. Green Beans—4 C. Pineapple Tidbits—15 C.	Dutch Waffle—42 C. Turkey & Cheese Deli Sandwich—28 C. Lettuce-Tomato-Pickle Sunchips—19 C. Steamed Carrots—4 C. Mandarin Oranges—20 C.	<p><b>SCHOOL BREAKFAST: OUT OF THIS WORLD</b></p> 		<p><b>NATIONAL SCHOOL BREAKFAST WEEK</b>  <b>March 9-13, 2020</b></p>
<p><i>Choice of Chocolate or White 1% Milk Breakfast alternate—Cereal and Toast, assorted Whole Grain options</i>  <i>Lunch Alternate—Salad Bar, Pizza or Sandwich Meal.</i></p> <p><b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.</b></p>	<p><i>Menu contains approximate Carbohydrate Counts.</i>  <i>Additional nutritional information is available on request. Contact Annette Kay—402-238-2447. Account questions contact Jo Pruess—402-238-3044</i></p>			

