


May 2021



BENNINGTON BADGERS

HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 3 Cereal & Yogurt – 47g Lunch Corn Dog – 30g OR PB & J, Cheese Stick, Crackers-47g Baked Beans – 28g Tropical Fruit Cup – 15g	Breakfast 4 Scone & Hard-Boiled Egg – 26g Lunch Crispy/Spicy Chicken Sandwich – 40g Or Chef Salad – 56g Sweet Potato Fries – 25g Peach Cup – 12g	Breakfast 5 Bacon, Egg, Cheese English Muffin– 33g Lunch Pancakes & Sausage Links – 41g OR Turkey & Swiss Hoagie – 43g Green Beans – 5g Mandarin Orange Cup – 16g	Breakfast 6 Cream Filled Cereal Bar – 41g Lunch Chicken Fried Steak & Roll – 31g OR Salad with Egg & Cheese - 56g Mashed Potatoes & Gravy – 24g Mixed Fruit Cup – 15g	Breakfast 7 Glazed Cinnamon Roll – 50g Lunch Italian Dunkers & Marinara Sauce – 40g OR Buffalo Chicken Wrap – 64g Tossed Green Salad – 6g Frozen Fruit Cup – 18g
Breakfast 10 Pancake Wrapped Sausage Stick -23g Lunch Hamburger/Cheeseburger – 28g OR PB & J, Cheese Stick, Crackers-47g French Fries – 17g Pear Cup – 12g	Breakfast 11 Frosted Long John Pastry – 44g Lunch Crispitos – 46g OR Crispy Chicken Salad – 60g Pintos & Cheese – 21g Applesauce Cup – 12g	Breakfast 12 Sausage, Egg & Cheese Croissant –28g Sack Lunch OR Italian Hoagie – 43g Broccoli & Ranch Cup – 4g Tropical Fruit Cup – 15g Happy Face Cookie – 27g	Breakfast 13 Mini Donuts – 41g Lunch Chicken & Waffles – 40g OR Taco Salad – 41g Candied Butternut Squash – 16g Peach Cup – 12g	Breakfast 14 French Toast Sticks – 36g Lunch Pizza (<i>variety of flavors offered</i>) OR Turkey BLT Wrap – 42g House Salad – 14g Mandarin Orange Cup – 16g
Breakfast 17 Cereal & Yogurt – 47g Lunch Chicken Wings & Ciabatta Roll – 34g OR PB & J, Cheese Stick, Crackers-47g Steamed Carrots – 6g Assorted Fruit Cup – 12g	Breakfast 18 Sausage & Egg Tornado – 24g Lunch Beef & Cheese Nachos – 33g Chef Salad – 56g Corn – 14g Assorted Fruit Cup – 12g	Breakfast 19 Mini Donuts – 41g Lunch Pork Tenderloin Sandwich – 54g OR Pork Rib-a-que Sandwich – 42g OR Deli Club Hoagie – 43g Assorted Vegetables Assorted Fruit Cup – 12g	Breakfast 20 Cream Filled Cereal Bar – 41g Lunch Chef's Choice (<i>Students may choose from a variety of entrees.</i>) Assorted Vegetables Assorted Fruit Cup – 12g Cookie – 26g	Last Day of School 21  Breakfast Chef's Choice (<i>Students may choose from a variety of entrees.</i>)

Don't forget....Veggie juice
and fresh fruit are offered daily as
part of a school lunch.

HELLO SUMMER!

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. Fresh fruit and Fruitables veggie juice are served daily with lunch,
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.