

November 2018






Bennington High School



Bennington Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Breakfast alternate—Cereal & Toast Lunch Alternate—Salad Bar, Pizza, or Sandwich Meal Choice of Chocolate Skim or 1% White THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER</i></p>	<p><i>K-8 Breakfast---\$1.55 9-12 Breakfast---\$1.60 Adult Breakfast---\$2.20 K-5 Lunch---\$2.40 6-8 Lunch---\$2.70 9-12 Lunch---\$2.75 Adult Lunch---\$3.60</i></p>	<p><i>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</i></p>	<p><u>French Toast/Syrup—33/55 C.</u> Hot Ham & Cheese on Bun—35 C. Pasta Salad—29 C. Steamed Broccoli—4 C. Fresh Grapes—27 C.</p>	<p><u>Donuts—29 C.</u> Super Nachos—25 C. Corn—9 C. Mandarin Oranges—20 C.</p>
<p><u>Breakfast Bread—30 C.</u> BB Pork on Bun—24 C. French Fries—20 C. Baked Beans—20 C. Pineapple Tidbits—15 C.</p>	<p><u>Pancakes on a Stick—22 C.</u> Grilled Cheese--28 C. Chicken Noodle Soup—10 C. Celery & Carrot Sticks—4 C. Peaches—12 C.</p>	<p><u>Mini Cinnis—40 C.</u> Pork Choppettes—19 C. Mashed Potatoes/Gravy—36/3 C. Corn—9 C. Applesauce—16 C. Dinner Roll—30 C.</p>	<p><u>Waffles/Syrup—33/55 C.</u> Chicken Nuggets—13 C. Pasta Salad—29 C. California Blend Vegetables—4 C. Diced Pears—14 C. Butter Sandwich—14 C.</p>	<p><u>Cinnamon Swirl Coffeecake—37 C.</u> Pizza—29 C. Mixed Green Salad—4 C. Diced Peaches—14 C. Cookie—19 C.</p>
<p><u>Bagels & Cream Cheese—27/0 C.</u> Hamburger/Cheeseburger—30 C. French Fries—20 C. Green Beans—4 C. Mandarin Oranges—20 C.</p>	<p><u>Yogurt/Crackers—27/14 C.</u> French Toast/Syrup—33/55 C. Sausage Links—0 C. Diced Potatoes—20 C. Hot Apple Slices—20 C.</p>	<p><u>Ham-Egg Combo Bar/Toast—9/13 C.</u> Salisbury Steak—19 C. Mashed Potatoes/Gravy—36/3 C. Steamed Broccoli—4 C. Pineapple Tidbits—15 C. Dinner Rolls—30 C.</p>	<p><u>Ultimate Breakfast Rounds—43 C.</u> Chicken Patty on Bun—37 C. Potato Salad—29 C. Steamed Carrots—4 C. Diced Peaches—14 C.</p>	<p><u>Muffins & Cheese Stick—30/0 C.</u> Beef Taco—15 C. Lettuce-Tomatoes-Salsa Refried Beans—20 C. Pears—14 C. Butter Sandwich—14 C.</p>
<p><u>Scrambled Eggs/Toast—1/14 C.</u> Crispito/Cheese Sauce—40/9 C. Green Beans—4 C. Fresh Apple Slices--12 C. Butter Sandwich—14 C</p>	<p><u>Cinnamon Rolls—29 C.</u> Pizza—29 C. Mixed Green Salad—4 C. Mandarin Oranges—20 C. Cookie—19 C.</p>	<p>NO SCHOOL</p> 	<p>Happy Thanksgiving</p> 	<p>NO SCHOOL</p> 
<p><u>Mini Cinnis—40 C.</u> Rib-B-Q on Bun—24 C. Tortilla Chips—20 C. Corn-Bean Salad—17 C. Applesauce—16 C.</p>	<p><u>Omelets/Toast—0/14 C.</u> Taco Swirls—35 C. Peas—13 C. Diced Pears—12 C. Butter Sandwich—14 C.</p>	<p><u>Apple Bosco Stick—40 C.</u> Orange Chicken—27 C. Steamed Rice—28 C. Oriental Vegetables—5 C. Pineapple Tidbits—15 C. Fortune Cookie—76 C.</p>	<p><u>Pancakes/Bacon/Syrup—33/0/55 C.</u> Mini Corn Dogs—35 C. Cole Slaw—5 C. Celery & Carrot Sticks—4 C. Diced Peaches—14 C.</p>	<p><u>Sausage Gravy & Biscuits—28 C.</u> Cuban Sandwich—35 C. Baked Doritos--20 C. Steamed Broccoli—4 C. Mandarin Oranges—20 C.</p>
