




# BENNINGTON BADGERS

*HIGH SCHOOL November 2020*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>2</b> Pop Tart & Hard-Boiled Egg – 31g <b>Lunch</b> Chicken Strips & Ciabatta Roll – 41g OR PB & J, Cheese Stick, Crackers -47g Potato Smiley Faces – 31g Fruitables Veggie Juice -14g Mandarin Oranges Cup – 16g Fresh Fruit – 16g	<b>Breakfast</b> <b>3</b> Pancake Wrapped Sausage Stick –18g <b>Lunch</b> Corn Dog – 30g OR Crispy Chicken Salad – 60g Sweet Potato Wedges - 25g Fruitables Veggie Juice -14g Frozen Fruit Cup -18g Fresh Fruit – 16g	<b>Breakfast</b> <b>4</b> Muffin & Gogurt – 39g <b>Lunch</b> Macaroni & Cheese – 43g OR Turkey & Swiss Hoagie – 30g Steamed Broccoli – 2g Fruitables Veggie Juice -14g Peach Cup – 12g Fresh Fruit – 16g	<b>Breakfast</b> <b>5</b> Ham, Egg & Cheese English Muffin -30g <b>Lunch</b> Walking Taco – 22g OR Salad with Egg & Cheese -56g Pintos & Cheese – 21g Fruitables Veggie Juice – 14g Applesauce Cup – 12g Fresh Fruit – 16g	<b>Breakfast</b> <b>6</b> Glazed Cinnamon Roll – 50g <b>Lunch</b> Cheese/Pepperoni Pizza – 36g OR Deli Club Hoagie – 30g Cucumbers & Ranch Cup – 8g Fruitables Veggie Juice -14g Tropical Fruit Cup – 15g Fresh Fruit – 16g
<b>Breakfast</b> <b>9</b> Nutri-Grain Bar & Hard-Boiled Egg -30g <b>Lunch</b> Hamburger/Cheeseburger – 28g OR PB & J, Cheese Stick, Crackers-47g French Fries – 17g Fruitables Veggie Juice -14g Pear Cup – 16g Fresh Fruit – 16g	<b>Breakfast</b> <b>10</b> Sausage & Egg Tornado – 24g <b>Lunch</b> Orange Chicken over Rice -72g OR Chef Salad – 56g Edamame – 5 g Fruitables Veggie Juice -14g Mixed Fruit Cup – 15g Fresh Fruit – 16g	<b>Breakfast</b> <b>11</b> Mini Doughnuts & Gogurt– 34g <b>Sack Lunch</b> Turkey Bacon Hoagie – 43g Celery Sticks & Ranch Cup – 10g Fruitables Veggie Juice – 14g Mandarin Oranges Cup – 16g Fresh Fruit – 16g Cookie – 18g	<b>Breakfast</b> <b>12</b> Sausage, Egg & Cheese Croissant –28g <b>Lunch</b> Crispy/Spicy Chicken Sandwich – 40g OR Chef Salad -56g Steamed Carrots – 5g Fruitables Veggie Juice – 14g Frozen Fruit Cup -18g Fresh Fruit – 16g	<b>Breakfast</b> <b>13</b> French Toast Sticks – 36g <b>Lunch</b> Fiestada Pizza – 43g OR Italian Hoagie – 43g Broccoli & Ranch Cup – 4g Fruitables Veggie Juice – 14g Applesauce Cup – 12g Fresh Fruit – 16g
<b>Breakfast</b> <b>16</b> Pop Tart & Hard-Boiled Egg – 31g <b>Lunch</b> Chicken & Waffles – 40g OR PB & J, Cheese Stick, Crackers -47g Green Beans – 5g Fruitables Veggie Juice -14g Tropical Fruit Cup – 15g Fresh Fruit – 16g	<b>Breakfast</b> <b>17</b> Pancake Wrapped Sausage Stick –18g <b>Lunch</b> Meatball Sub – 37g OR Crispy Chicken Salad – 60g Sweet Potato Wedges – 25g Fruitables Veggie Juice -14g Peach Cup – 12g Fresh Fruit – 16g	<b>Breakfast</b> <b>18</b> Muffin & Gogurt – 39g <b>Lunch</b> Crisпитos – 46g OR Turkey & Swiss Hoagie – 30g Pintos & Cheese – 21g Fruitables Veggie Juice -14g Applesauce Cup – 12g Fresh Fruit – 16g	<b>Breakfast</b> <b>19</b> Ham, Egg & Cheese English Muffin -30g <b>Lunch</b> Turkey & Gravy & Ciabatta Roll – 40g Mashed Potatoes – 18g Corn – 14g Warm Spiced Apples – 29g Fresh Fruit – 16g Whipped Pumpkin Delight -19g	<b>Breakfast</b> <b>20</b> Glazed Cinnamon Roll – 50g <b>Lunch</b> French Bread Pizza – 36 g OR Deli Club Hoagie – 30g Broccoli & Ranch Cup – 8g Fruitables Veggie Juice -14g Pear Cup – 16g Fresh Fruit – 16g
<b>Breakfast</b> <b>23</b> Nutri-Grain Bar & Hard-Boiled Egg -30g <b>Lunch</b> Hamburger/Cheeseburger – 28g OR PB & J, Cheese Stick, Crackers -47g French Fries – 17g Fruitables Veggie Juice -14g Mixed Fruit Cup – 15g Fresh Fruit – 16g	<b>Breakfast</b> <b>24</b> Sausage & Egg Tornado – 24g <b>Sack Lunch</b> Italian Hoagie – 43g Cucumbers & Ranch Cup – 10g Fruitables Veggie Juice – 14g Frozen Fruit Cup – 18g Fresh Fruit – 16g Cookie – 18g	<b>25</b>	<b>26</b> 	<b>27</b>
<b>Breakfast</b> <b>30</b> Pop Tart & Hard-Boiled Egg – 31g <b>Lunch</b> Pancakes & Sausage Links – 41g OR PB & J, Cheese Stick, Crackers -47g Fruitables Veggie Juice -14g Steamed Carrots – 5g Mandarin Oranges Cup – 16g Fresh Fruit – 16g				

Milk is served daily with breakfast and lunch. Fruit and juice are served daily with breakfast. MENU IS SUBJECT TO CHANGE. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.