

OCTOBER 2017



Bennington Elementary






Pine Creek



Heritage



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| 2 | 3 | 4 | 5 | 6 |
| <u>Breakfast Pizza—23 C.</u> Mac & Cheese—37 C. Green Beans—4 C. Strawberry Cups—38 C. | <u>Omelets/Toast—0/14 C.</u> Crisпитos/Cheese Sauce—24/9 C. Refried Beans—20 C. Pineapple—15 C. Butter Sandwich—14 C. | <u>Yogurt & Goldfish Crackers—27/14 C.</u> Salisbury Steak—19 C. Mashed Potatoes/Gravy—36/3 C. Corn—9 C. Diced Peaches—12 C. Dinner Rolls—30 C. | <u>Waffles/Syrup—33/55 C.</u> Spaghetti/Meat Sauce—35 C. Peas—13 C. Diced Pears—12 c. Garlic Toast—14 C. | <u>Cinnamon Rolls—29 C.</u> Hot Dog on Bun—23 C. Smiley Fries—20 C. Broccoli/Cauliflower Florets—4 c. Mandarin Oranges—20 C. WORLD SMILE DAY !! |
| 9 | 10 | 11 | 12 | 13 |
| <u>Cereal/Toast—24/14 C.</u> Hamburger/Cheeseburger—33 C. French Fries—20 C. Baked Beans—20 C. Fresh Apple Slices—12 C. | <u>Scrambled Eggs/Toast—0/14 C.</u> Italian Dunkers—35 C. Peas—13 C. Diced Pears—14 C. | <u>Breakfast Bagels—29 C.</u> Pork Choppette—19 C. Mashed Potatoes/Gravy—36/3 C. Steamed Carrots—4 C. Applesauce—16 C. Dinner Roll—30 C. | <u>Frudel—36 C.</u> Chicken Patty on Bun—37 C. Pasta Salad—29 C. Steamed Broccoli—4 C. Diced Pears—14 C. | <u>Muffin/Cheese Stick—30/0 C.</u> Sub Sandwich—28 C. Lettuce-Tomato-Pickle Baked Chips—18 C. Celery & Carrot Sticks—4 C. Diced Peaches—12 C. |
| 16 | 17 | 18 | 19 | 20 |
| <u>Ultimate Breakfast Rounds—40 C.</u> Hot Ham & Cheese—33 C. Mini Baked Pretzels—23 C. Green Beans—4 C. Pineapple Tidbits—15 C. | <u>Pancakes/Bacon/Syrup—28/0/55 C.</u> Chicken Nuggets—13 C. Cole Slaw—5 C. Corn—9 C. Diced Peaches—14 C. Butter Sandwich—14 C. | <u>Ham-Egg Bar/toast—9/14 C.</u> Pizza Rounds—39 C. Mixed Green Salad—4 C. Mandarin Oranges—20 C. Cookie—19 C. | STAFF INSERVICE NO SCHOOL | NO SCHOOL |
| 23 | 24 | 25 | 26 | 27 |
| <u>Apple Bosco Stick--40 C.</u> Rib-B-Q's on Bun—25 C. French Fries—20 C. Baked Beans—22 C. Diced Pears—20 C. | <u>Cereal/Toast—24/14 C.</u> French Toast/Syrup—33/55 C. Sausage Links—0 C. Potato cubes—20 C. Hot Apple Slices—20 C. | <u>Bagels & Cream Cheese—27/0 C.</u> Meatball Subs—28 C. California Blend Vegetables—4 C. Pineapple Tidbits—15 C. | <u>Egg/Bacon on English Muffin—25 C.</u> Mini Corn Dogs—35 C. Potato Salad—29 C. Celery & Carrot Sticks—4 C. Fresh Grapes—27 C. Butter Sandwich—14 C. | <u>Sausage Gravy & Biscuits—29 C.</u> Fiestada Pizza—29 C. Mixed Green Salad—4 C. Applesauce—16 C. Cookie—19 C. |
| 30 | 31 | | | |
| <u>French Toast/Syrup—33/55 C.</u> Nacho Bites—30 C. Refried Beans—20 C. Corn—9 C. Mandarin Oranges—20 C. | <u>Breakfast Boats—25 C.</u> Pizzawitches—36 C. Sunchips—19 C. Celery & Carrot Sticks—4 C. Diced Pears—20 C. Halloween Treat | <i>Breakfast Alternate—Cereal & Toast</i> <i>Lunch Alternate—Prepared Salad Box</i> THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. | K-12 Breakfast--\$1.55 Adult Breakfast--\$2.15 K-6 Lunch--\$2.35 6-8 Lunch--\$2.65 9-12 Lunch--\$2.70 Adult Lunch--\$3.55 Milk--\$.45 | Menu contains approximate carbohydrate counts. Additional nutritional information is available on request. Contact Annette Kay—402-238-2447. Account questionns, contact Jo Pruess—402-238-3044. |
| NSLW National School Lunch Week October 9-12 2017 | SCHOOL LUNCH RECIPE FOR SUCCESS!! |  |  |  |