



BENNINGTON BADGERS

HIGH SCHOOL | OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 5 Pop Tart & Hard-Boiled Egg – 31g Lunch Chicken Giggles -14g OR PB & J, Cheese Stick, Crackers -47g Potato Smiley Faces – 31g Fruitables Veggie Juice -14g Mandarin Oranges Cup – 16g Fresh Fruit – 16g Put on Your Happy Face Cookie -27g	Breakfast 6 Pancake Wrapped Sausage Stick –18g Lunch Rib-A-Que Sandwich – 46g OR Crispy Chicken Salad – 60g Sweet Potato Wedges - 25g Fruitables Veggie Juice -14g Frozen Fruit Cup -18g Fresh Fruit – 16g	Breakfast 7 Muffin & Gogurt – 39g Lunch Corn Dog – 30g OR Turkey & Swiss Hoagie – 30g Cucumbers & Ranch Cup – 8g Fruitables Veggie Juice -14g Peach Cup – 12g Fresh Fruit – 16g	Breakfast 8 Bacon, Egg & Cheese Biscuit – 30g Lunch Walking Taco – 22g OR Salad with Egg & Cheese -56g Pintos & Cheese – 21g Fruitables Veggie Juice – 14g Applesauce Cup – 12g Fresh Fruit – 16g	Breakfast 9 Glazed Cinnamon Roll – 50g Lunch Cheese/Pepperoni Pizza – 36g OR Deli Club Hoagie – 30g Broccoli & Ranch Cup – 4g Fruitables Veggie Juice -14g Tropical Fruit Cup – 15g Fresh Fruit – 16g
Breakfast 12 Cereal Bar & Hard-Boiled Egg – 31g Lunch Hamburger/Cheeseburger – 28g OR PB & J, Cheese Stick, Crackers-47g French Fries – 17g Fruitables Veggie Juice -14g Pear Cup – 16g Fresh Fruit – 16g	Breakfast 13 Sausage & Egg Tornado – 24g Lunch Orange Chicken over Rice -72g OR Chef Salad – 56g Peas – 10g Fruitables Veggie Juice -14g Mixed Fruit Cup – 15g Fresh Fruit – 16g	Breakfast 14 Mini Doughnuts & Gogurt– 34g Sack Lunch Italian Hoagie – 43g Baby Carrots & Ranch Cup – 10g Fruitables Veggie Juice – 14g Mandarin Oranges Cup – 16g Fresh Fruit – 16g	15	16
Breakfast 19 Pop Tart & Hard-Boiled Egg – 31g Lunch Chicken & Waffles – 40g OR PB & J, Cheese Stick, Crackers -47g Green Beans – 5g Fruitables Veggie Juice -14g Frozen Fruit Cup – 18g Fresh Fruit – 16g	Breakfast 20 Pancake Wrapped Sausage Stick –18g Lunch Pork Tenderloin Sandwich – 39g OR Crispy Chicken Salad – 60g Sweet Potato Wedges – 25g Fruitables Veggie Juice -14g Peach Cup – 12g Fresh Fruit – 16g	Breakfast 21 Muffin & Gogurt – 39g Lunch Crisritos – 46g OR Turkey & Swiss Hoagie – 30g Pintos & Cheese – 21g Fruitables Veggie Juice -14g Applesauce Cup – 12g Fresh Fruit – 16g	Breakfast 22 Bacon, Egg & Cheese Biscuit – 30g Lunch Meatball Sub – 37g OR Salad with Egg & Cheese – 56g Steamed Broccoli – 2g Fruitables Veggie Juice -14g Tropical Fruit Cup – 15g Fresh Fruit – 16g	Breakfast 23 Glazed Cinnamon Roll – 50g Lunch French Bread Pizza – 36 g OR Deli Club Hoagie – 30g Celery Sticks & Ranch Cup – 8g Fruitables Veggie Juice -14g Pear Cup – 16g Fresh Fruit – 16g
Breakfast 26 Cereal Bar & Hard-Boiled Egg – 31g Lunch Hamburger/Cheeseburger – 28g OR PB & J, Cheese Stick, Crackers -47g French Fries – 17g Fruitables Veggie Juice -14g Mixed Fruit Cup – 15g Fresh Fruit – 16g	Breakfast 27 Sausage & Egg Tornado – 24g Lunch Crispy/Spicy Chicken Sandwich – 40g OR Chef Salad -56g Baked Beans – 24g Fruitables Veggie Juice – 14g Mandarin Oranges Cup – 16g Fresh Fruit – 16g	Breakfast 28 Mini Doughnuts & Gogurt– 34g Sack Lunch Turkey Bacon Hoagie – 43g Cucumbers & Ranch Cup – 10g Fruitables Veggie Juice – 14g Frozen Fruit Cup – 18g Fresh Fruit – 16g HALLOWEEN COOKIE -34g	Breakfast 29 Sausage, Egg & Cheese Croissant –28g Lunch Pancakes & Sausage Links – 41g OR Taco Salad – 41g Fruitables Veggie Juice -14g Steamed Carrots – 5g Peach Cup – 12g Fresh Fruit – 16g	Breakfast 30 French Toast Sticks – 36g Lunch Fiestada Pizza – 43g OR Italian Hoagie – 43g Broccoli & Ranch Cup – 4g Fruitables Veggie Juice – 14g Applesauce Cup – 12g Fresh Fruit – 16g

Milk is served daily with breakfast and lunch. Students may choose milk from the following selections; skim white, skim chocolate, skim strawberry and 1% white. Fruit and juice are served daily with breakfast. 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.