

# OCTOBER 2017



## Bennington Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Breakfast Pizza—23 C.</u> Mac & Cheese—37 C. Green Beans—4 C. Strawberry Cups—38 C.	3 <u>Omelets/Toast—0/14 C.</u> Crispitos/Cheese Sauce—24/9 C. Refried Beans—20 C. Pineapple—15 C. Butter Sandwich—14 C.	4 <u>Yoqurt &amp; 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.	5 <u>Waffles/Syrup—33/55 C.</u> Spaghetti/Meat Sauce—35 C. Peas—13 C. Diced Pears—12 c. Garlic Toast—14 C.	6 <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. <b>WORLD SMILE DAY !!</b>
9 <u>Cereal/Toast—24/14 C.</u> Hamburger/Cheeseburger—33 C. French Fries—20 C. Baked Beans—20 C. Fresh Apple Slices—12 C.	10 <u>Scrambled Eggs/Toast—0/14 C.</u> Italian Dunkers—35 C. Peas—13 C. Diced Pears—14 C.	11 <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.	12 <u>Frudel—36 C.</u> Chicken Patty on Bun—37 C. Pasta Salad—29 C. Steamed Broccoli—4 C. Diced Pears—14 C.	13 <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 <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.	17 <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.	18 <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.	19 <b>STAFF IN-SERVICE</b>  <b>NO SCHOOL</b>	20 <b>NO SCHOOL</b>
23 <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.	24 <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.	25 <u>Bagels &amp; Cream Cheese—27/0 C.</u> Meatball Subs—28 C. California Blend Vegetables—4 C. Pineapple Tidbits—15 C.	26 <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.	27 <u>Sausage Gravy &amp; Biscuits—29 C.</u> Fiestada Pizza—29 C. Mixed Green Salad—4 C. Applesauce—16 C. Cookie—19 C.
30 <u>French Toast/Syrup—33/55 C.</u> Nacho Bites—30 C. Refried Beans—20 C. Corn—9 C. Mandarin Oranges—20 C.	31 <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 &amp; Toast</i> <i>Lunch Alternate—Salad Bar, Pizza or Sandwich Meal</i> <i>Choice of Chocolate Skim or 1% White</i>  <b>THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</b>	<i>K-12 Breakfast—\$1.55</i> <i>Adult Breakfast—\$2.15</i> <i>K-6 Lunch—\$2.35</i> <i>6-8 Lunch—\$2.65</i> <i>9-12 Lunch—\$2.70</i> <i>Adult Lunch—\$3.55</i> <i>Milk—\$.45</i>	<i>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.</i>
<b>NSLW</b> <b>National School Lunch</b> <b>Week</b> <b>October 9-12 2017</b>	<b>SCHOOL LUNCH</b> <b>RECIPE FOR SUCCESS!!</b>			