

September 2019



Bennington Middle School



Bennington High School



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><i>Labor Day</i></p> <p><i>No School</i></p>	<p><b>3</b></p> <p><u>Yogurt/Goldfish Crackers—27/14 C.</u>                      BBQ Pork on Bun—24 C.                      French Fries—20 C.                      Green Beans—4 C.                      Diced Peaches—12 C.</p>	<p><b>4</b></p> <p><u>Egg/Cheese on Muffin—25 C.</u>                      Spaghetti/Meat Sauce—35 C.                      Peas—13 C.                      Diced Pears—14 C.                      Garlic Toast—14 C</p>	<p><b>5</b></p> <p><u>Waffles/Syrup—33/55 C.</u>                      Nebraska Red Hot Dogs—23 C.                      Tatar Tots—20 C.                      Baked Beans—20 C,                      Fresh Apples—12 C.</p>	<p><b>6</b></p> <p><u>Cinnamon Streusel Coffeecake—37 C.</u>                      Pizza—29 C.                      Mixed Green Salad—4 C.                      Pineapple Tidbits—15 C.                      Cookie—19 C.</p>
<p><b>9</b></p> <p><u>Cereal Bar—30 C.</u>                      Hot Ham &amp; Cheese—33 C.                      Sunchips—19 C.                      Green Beans—4 C.                      Diced Pears—12 C.</p>	<p><b>10</b></p> <p><u>Scrambled Eggs/Toast—0/14 C.</u>                      French Toast/Syrup—33/55 C.                      Sausage Links—0 C.                      Potato Cubes—20 C.                      Hot Apple Slices—20 C.</p>	<p><b>11</b></p> <p><u>Apple Bosco Sticks—40 C.</u>                      Salisbury Steak—19 C.                      Mashed Potatoes/Gravy—36/3 C.                      Steamed Broccoli—4 C.                      Diced Peaches—12 C.                      Dinner rolls—30 C.</p>	<p><b>12</b></p> <p><u>Dutch Waffles—43 C.</u>                      Chicken Nuggets—13 C.                      Pasta Salad—29 C.                      Celery &amp; Carrot Sticks—4 C.                      Fresh Grapes—27 C.                      Butter Sandwich—14 C.</p>	<p><b>13</b></p> <p><u>Sausage Gravy &amp; Biscuits—28 C.</u>                      Walking Tacos—25 C.                      Lettuce-Tomato-Salsa                      Refried Beans—20 C.                      Mandarin Oranges—20 C.</p>
<p><b>16</b></p> <p><u>Bagels/Cream Cheese—27/0 C.</u>                      Chicken Fajitas—24 C.                      Lettuce-Tomato-salsa                      Refried Beans—20 C.                      Corn—9 C.                      Pineapple Tidbits—15 C.</p>	<p><b>17</b></p> <p><u>Cocoa Puffs Bars—40 C.</u>                      Crisпитos/Cheese Sauce—20/9 C.                      Green Beans—4 C.                      Applesauce—12 C.                      Butter Sandwich—14 C.</p>	<p><b>18</b></p> <p><u>Ham-Egg Combo Bar/Toast—9/14 C.</u>                      Italian Dunkers—35 C.                      (Cheezy Bread/Marinara Sauce)                      Peas—13 C.                      Diced Pears—14 C.                      Early Out Day</p>	<p><b>19</b></p> <p><u>Breakfast Bread—30 C.</u>                      Chef's Salad—5 C.                      Ham-Turkey-Beans-Cheese                      Diced Peaches—12 C.                      Muffins—30 C.</p>	<p><b>20</b></p> <p><u>Cinnamon Rolls—29 C.</u>                      Meatball Subs—28 C.                      Baked Chips—18 C.                      Assorted Fresh Vegetables—4 C.                      Mandarin Oranges—20 C.</p>
<p><b>23</b></p> <p><u>Frudel—36 C.</u>                      Hamburger/Cheeseburger—33 C.                      French Fries—20 C.                      Baked Beans—20 C.                      Diced Peaches—12 C.</p>	<p><b>24</b></p> <p><u>Ultimate Breakfast Rounds—43 C.</u>                      Orange Chicken—27 C.                      Steamed Rice—28 C.                      Oriental Vegetables—5 C.                      Pineapple Tidbits—15 C.                      Fortune Cookies—7 C.</p>	<p><b>25</b></p> <p><u>Breakfast Bagels—29 C.</u>                      Pork Choppette-19 C.                      Mashed Potatoes/Gravy—36/3 C.                      Corn—9 C.                      Applesauce—12 C.                      Dinner Roll—30 C.</p>	<p><b>26</b></p> <p><u>Pancakes/Bacon/Syrup—33/0/55 C.</u>                      Mini Corn Dogs—35 C.                      Pasta Salad—29 C.                      Carrots/Celery Sticks—4 C.                      Mandarin Oranges—20 C.</p>	<p><b>27</b></p> <p><u>Donuts—29 C.</u>                      Pizza—29 C.                      Mixed Green Salad—4 C.                      Diced Pears—12 C.                      Cookie—19 C.</p>
<p><b>30</b></p> <p><u>Breakfast Tornadoes—21 C.</u>                      Taco Swirls—35 C.                      Peas—13 C.                      Diced Pears—14 C.                      Butter Sandwich—14 C.</p>	<p><b>31</b></p> <p><u>Omelet/Toast—0/14 C.</u>                      Chicken Patty on Bun—37 C.                      Potato Salad—29 C.                      Steamed Carrots—4 C.                      P:ineapple Tidbits—15 C.</p>	<p><i>Breakfast Alternate—Cereal &amp; Toast</i>  <i>Assorted Whole Grain options</i>  <i>Lunch Alternate—Salad Bar, Pizza, or</i>  <i>Sandwich Meal</i></p> <p><b>THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</b></p>	<p><i>K-8 Breakfast--\$1.60</i>  <i>9-12 Breakfast--\$1.70</i>  <i>Adult Breakfast--\$2.20</i>  <i>K-5 Lunch--\$2.45</i>  <i>6-8 Lunch---\$2.75</i>  <i>9-12 Lunch--\$2.80</i>  <i>Adult Lunch--\$3.60</i>  <i>Milk--\$.45</i></p>	<p><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></p>