

September 2019



Bennington Middle School



Bennington High School



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><i>Labor Day</i></p> <p><i>No School</i></p>	<p>3</p> <p><u>Yogurt/Goldfish Crackers—27/14 c.</u> BBQ Pork of Bun—24 C. French Fries—20 C. Green Beans—4 C. Diced Peaches—12 C.</p>	<p>4</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>5</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>6</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>9</p> <p><u>Cereal Bar—30 C.</u> Hot Ham & Cheese—33 C. Sunchips—19 C. Green Beans—4 C. Diced Pears—12 C.</p>	<p>10</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>11</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>12</p> <p><u>Dutch Waffles—43 C.</u> Chicken Nuggets—13 C. Pasta Salad—29 C. Celery & Carrot Sticks—4 C. Fresh Grapes—27 C. Butter Sandwich—14 C.</p>	<p>13</p> <p><u>Sausage Gravy & Biscuits—28 C.</u> Walking Tacos—25 C. Lettuce-Tomato-Salsa Refried Beans—20 C. Mandarin Oranges—20 C.</p>
<p>16</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>17</p> <p><u>Cocoa Puffs Bars—40 C.</u> Crispitos/Cheese Sauce—20/9 C. Green Beans—4 C. Applesauce—12 C. Butter Sandwich—14 C.</p>	<p>18</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>19</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>20</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>23</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>24</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>25</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>26</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>27</p> <p><u>Donuts—29 C.</u> Pizza—29 C. Mixed Green Salad—4 C. Diced Pears—12 C. Cookie—19 C.</p>
<p>30</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>31</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>Breakfast Alternate—Cereal & Toast Assorted Whole Grain options Lunch Alternate—Salad Bar, Pizza, or Sandwich Meal</p> <p>THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.</p>	<p>K-8 Breakfast--\$1.60 9-12 Breakfast--\$1.70 Adult Breakfast--\$2.20 K-5 Lunch--\$2.45 6-8 Lunch---\$2.75 9-12 Lunch--\$2.80 Adult Lunch--\$3.60 MIik--\$.45</p>	<p>Menu contains approximate carbohydrate counts. Additional nutritional information is available on request. Contact Annette Kay -402-238-2447. Account questlonns, contact Jo Pruess—402-238-3044.</p>