

Benton County Schools –October 2014 Breakfast & Lunch Menus

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><i>All lunch meals served with choice of fat-free chocolate or 1 % white milk every day.</i></p>	<p><i>All breakfast meals served with milk & 2 fruitchoices.</i></p>	<p>1 Chicken Fajita w/Cheese Shredded Lettuce & Salsa Refried Beans Corn Fresh Apple</p> <p>*Breakfast Pizza</p>	<p>2 Hamburger Steak Baked Potato Tossed Salad w/Romaine Roll Pear Halves</p> <p>*Cinn Toast Cereal Bar</p>	<p>3 Pepperoni Pizza Tossed Salad w/Romaine Baby Carrots w/Dip Fruit Cocktail</p> <p>*Strawberry Poptart</p>
<p>6 Chicken Nuggets Cream Potatoes Green Beans Roll Sliced Peaches</p> <p>*Egg & Bacon Pizza</p>	<p>7 Spaghetti w/Meat Sauce Tossed Salad w/Romaine Baby Carrots w/Dip Whole Kernel Corn Roll Pears</p> <p>*Sausage & Biscuit</p>	<p>8 NO SCHOOL</p>	<p>9 NO SCHOOL</p>	<p>10 NO SCHOOL</p>
<p>13 Hamburger Steak Baked Potato Tossed Salad w/Romaine Roll Pear Halves</p> <p>*Breakfast Pizza</p>	<p>14 Lemon Pepper Chicken Cream Potatoes Green Beans Roll Peaches</p> <p>*Apple Frudel</p>	<p>15 Pepperoni Pizza Tossed Salad w/Romaine Baby Carrots Mandarin Oranges</p> <p>*Trix Cereal Bar</p>	<p>16 Corn Dog Potato Wedges Pork & Beans Fruit Cocktail</p> <p>*French Toast Stix</p>	<p>17 Lasagna Tossed Salad Whole Kernel Corn Roll Fresh Apple</p> <p>•Chicken & Biscuit</p>
<p>20 Chicken Nuggets Cream Potatoes Green Beans Roll Sliced Peaches</p> <p>•Cinnamon Bun</p>	<p>21 Turkey & Cheese Roll Ups Broccoli & Cauliflower w/Dip Potato Wedges Fresh Fruit Choice</p> <p>•Sausage & Biscuit</p>	<p>22 Baked Ham Cream Potatoes Broccoli & Cheese Sauce Roll Pineapple</p> <p>•Strawberry Pop Tart</p>	<p>23 Grilled Chicken Sandwich French Fries Seasoned Pinto Beans Fruit Cocktail</p> <p>•Cherry Frudel</p>	<p>24 Chili w/Crackers Grilled Cheese Sandwich Baby Carrots & Cherry Tomatoes Fresh Apple</p> <p>•Stuffed Cheese Breadstick</p>
<p>27 Hamburger Steak Tossed Salad w/Romaine Baked Potato Roll Pears</p> <p>•Maple Pancake Wrap</p>	<p>28 Sliced Turkey Breast w/Gravy Cream Potatoes Green Beans Roll Mandarin Oranges</p> <p>•Chicken & Biscuit</p>	<p>29 Hot Dog on Bun Potato Wedges Pork & Beans Strawberry Cups</p> <p>•Apple Frudel</p>	<p>30 Vegetable Beef Soup w/Crackers Grilled Cheese Sandwich Baby Carrots Fresh Apple</p> <p>•Egg & Bacon Pizza</p>	<p>31 Chicken Parmesan Tossed Salad w/Romaine Broccoli & Cauliflower Cups Roll Sliced Peaches</p> <p>•Cinn Toast Crunch Bar</p>

