

# Benton Central Lunch Menu

# SALAD BAR DAILY Line -3

This institution is an equal opportunity provider.				
Lunches \$2.50 Daily		\$12.50 weekly		Menu Subject to Change
Monday	Tuesday	Wednesday	Thursday	Friday
1 Spicy Chicken Tenders /Wrap Or Fish Nuggets/Wrap Peas & Carrots Assorted Fruits & Vegetables Milk	2 Texas Straw Hat Bread/Margarine Or Chicken Salad/WG Bun Refried Beans Assorted Fruits & Vegetables Milk	3 Cheese Burger/WG Bun Or Hot Dog/WG Bun Potatoes Assorted Fruits & Vegetables Milk	4 Turkey & Noodle/ Dinner Roll Or Tenderloin/WG Bun Mashed Potatoes Assorted Fruits & Vegetables Milk	5 Cheese Pizza Or BBQ Rib/WG Bun Salad Greens Steamed Broccoli Assorted Fruits & Vegetables Milk
8 Macaroni & Cheese/Muffin Or Grilled Chicken/WG Bun Green Beans Assorted Fruits & Vegetables Milk	9 Spaghetti /Meat Sauce Texas Toast Or Corn Dog Salad Greens Assorted Fruits & Vegetables Milk	10 Chicken Patty/WG Bun Or Beef Stew/Cheese Stick Cornbread Carrot Coins Assorted Fruits & Vegetables Milk	11 Salisbury Steak Dinner Roll Or Turkey & Cheese/WG Bun Mashed Potatoes Assorted Fruits & Vegetables Milk	12 Pizza Sticks/Marinara Sauce Or Beef Burrito Black Beans Bar Cookie Assorted Fruits & Vegetables Milk
15 Mini Corn Dogs Or Spicy Chicken/WG Bun Baked Beans Assorted Fruits & Vegetables Milk	16 Sausage Gravy/Biscuit Or BBQ Chicken/WG Bun Potatoes Assorted Fruits & Vegetables Milk	17 Pepperoni Pizza Or Chicken Tender Wrap Salad Greens Corn Assorted Fruits & Vegetables Milk	18 Turkey & Noodles Dinner Roll Country Fried Steak/WG Bun Mashed Potatoes Assorted Fruits & Vegetables Milk	19 Toasted Cheese Sandwich Or Cook's Choice Tomato Soup Green Beans Assorted Fruits & Vegetables Milk
22 Chicken Nuggets Cornbread Or Meatball Sub/WG Bun Sweet Potatoes Peas Assorted Fruits & Vegetables Milk	23 Nacho Supreme Bread/Margarine Or Deli Sub/WG Bun Refried Beans Assorted Fruits & Vegetables Milk	24 Chicken Fajita Wrap Chili Cheese Crackers or Pizza Burger/WG Bun Corn Assorted Fruits & Vegetables Milk	25 Oven Fried Chicken/Biscuit Or Hamburger/WG Bun Mashed Potatoes Fruit Crisp Assorted Fruits & Vegetables Milk	26 Shrimp Poppers/Cheese Stick Or BBQ Pork/WG Bun Broccoli & Cheese Assorted Fruits & Vegetables Milk
29 Sausage Pizza Or Fish & Cheese/WG Bun Corn Assorted Fruits & Vegetables Milk	30 Lasagna Rollup/Breadstick Or Ham & Cheese/WG Bun Green Beans Assorted Fruits & Vegetables Milk	5-1 Chicken Tenders/Crackers Or Calzone Carrot Coins Salad Greens Assorted Fruits & Vegetables Milk	2 Turkey & Noodles/Dinner Roll Or Sloppy Joe/WG Bun Mashed Potatoes Assorted Fruits & Vegetables Milk	3 Quesadilla Or Ravioli/Texas Toast Black Beans Assorted Fruits & Vegetables Milk

**Daily Lunch Components: Grain, Meat/Meat Alternate, Fruit, Vegetable & Milk**

**OVS: Select at least 3 of the 5 items, must include ½ cup fruit or vegetable to count as reimbursable meal.**

**\*All bread items are whole grain \***



**April 2019**





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**Benton Community School Corporation**  
*"United, Student-Centered School Corporation"*  
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## Benton Community Schools- Breakfast Menu

"The USDA is an equal opportunity providers and employers."

\$1.40 Daily- \$7.00 Weekly

\* Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal / Grahams Or Sausage & Gravy Pizza Assorted Fruit ,Juice, & Vegetables MILK	2 Cereal / Grahams Or WG Blueberry Muffin Assorted Fruits ,Juice, & Vegetables MILK	3 Cereal /Grahams Or Breakfast Bites/Syrup Assorted Fruits ,Juice, & Vegetables MILK	4 Cereal / Grahams Or Super Donut WG Assorted Fruits ,Juice, & Vegetables MILK	5 Cereal / Grahams Or WG Frudel Assorted Fruits ,Juice, & Vegetables MILK
8 Cereal/Grahams Or WG Pop Tart Assorted Fruits ,Juice, & Vegetables MILK	9 Cereal / Grahams Or Donut Ring WG Assorted Fruits ,Juice, & Vegetables MILK	10 Cereal /Grahams Or Mini Maple Waffles Assorted Fruits ,Juice, & Vegetables MILK	11 Cereal / Grahams Or Breakfast Sliders Assorted Fruits ,Juice, & Vegetables MILK	12 Cereal / Grahams Or Yogurt /Grahams Assorted Fruits ,Juice, & Vegetables MILK
15 Cereal/ Grahams Or French Toast Sticks /Syrup Assorted Fruits ,Juice, & Vegetables MILK	16 Cereal / Grahams Or WG Bagel/ Cream Cheese/ Jelly Assorted Fruits ,Juice, & Vegetables MILK	17 Cereal / Grahams Or Fruit Parfait Assorted Fruits ,Juice, & Vegetables MILK	18 Cereal/ Grahams Or Cinnamon Swirls Assorted Fruits ,Juice, & Vegetables MILK	19 Cereal/ Grahams Or Blueberry Muffin Assorted Fruits ,Juice, & Vegetables Milk
22 Cereal / Grahams OR WG Cinnamon Minis Assorted Fruits ,Juice, & Vegetables MILK	23 Cereal / Grahams Or Egg Omelet/Biscuit Assorted Fruits ,Juice, & Vegetables MILK	24 Cereal /Grahams Or French Toast Sticks /Syrup Assorted Fruits ,Juice, & Vegetables MILK	25 Cereal / Grahams Or Pancake Wrap Stick Assorted Fruits ,Juice, & Vegetables MILK	26 Cereal / Grahams Or Bacon Egg & Cheese Pizza Assorted Fruits ,Juice, & Vegetables MILK
29 Cereal / Grahams Or Sausage & Gravy Pizza Assorted Fruits ,Juice, & Vegetables MILK	30 Cereal / Grahams Or WG Blueberry Muffin Assorted Fruits ,Juice, & Vegetables MILK	May 1 Cereal /Grahams Or Breakfast Bites/Syrup Assorted Fruit ,Juice, & Vegetables MILK	2 Cereal / Grahams Or Super Donut WG Assorted Fruits ,Juice, & Vegetables MILK	3 Cereal / Grahams Or WG Frudel Assorted Fruits ,Juice, & Vegetables MILK

### Daily Breakfast Components:

1 cup Fruit or Vegetable, 2oz. Grains or 1oz Grain & 1oz. Meat/Meat Alternates, 8oz. Milk



**Offer versus Serve: Choose 3 food items, must include fruit or vegetable (1/2 cup minimum)**

