


Benton Community Schools- Breakfast Menu

This institution is an equal opportunity provider.

Lunches \$2.60 Daily- \$13.00 Weekly

*Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
	7 Cereal / Grahams Or WG Blueberry Muffin Assorted Fruits ,Juice, & Vegetables MILK	8 Cereal /Grahams Or Pancake & Sausage Patty /Syrup Assorted Fruits ,Juice, & Vegetables MILK	9 Cereal / Grahams Or Fruit Dainish Assorted Fruits ,Juice, & Vegetables MILK	10 Cereal / Grahams Or Cook's Choice Assorted Fruits ,Juice, & Vegetables MILK
13 Cereal / Grahams Or Sausage & Gravy Pizza Assorted Fruits, Juice, & Vegetables MILK	14 Cereal / Grahams Or Breakfast Bites/Syrup Assorted Fruits, Juice, & Vegetables MILK	15 Cereal /Grahams Or Bacon & egg Sandwich Assorted Fruits, Juice, & Vegetables MILK	16 Cereal / Grahams Or Super Donut/Grahams Assorted Fruits, Juice, & Vegetables MILK	17 Cereal / Grahams Or WG Frudel Assorted Fruits, Juice, & Vegetables MILK
20 Cereal/Grahams Or WG Pop Tart/Graham Assorted Fruits, Juice, & Vegetables MILK	21 Cereal / Grahams Or Yogurt /Grahams Assorted Fruits, Juice, & Vegetables MILK	22 Cereal /Grahams Or Mini Maple Waffles/Syrup Assorted Fruits, Juice, & Vegetables MILK	23 Cereal / Grahams Or Cinnamon Roll Assorted Fruits, Juice, & Vegetables MILK	24 Cereal / Grahams Or **Sausage & Cheese/English Muffin Assorted Fruits, Juice, & Vegetables MILK
27 Cereal/ Grahams Or WG Bagel/ Cream Cheese/ Jelly Assorted Fruits, Juice, & Vegetables MILK	28 Cereal / Grahams Or French Toast Sticks /Syrup Assorted Fruits, Juice, & Vegetables MILK	29 Cereal / Grahams O Bacon Egg & Cheese Pizza Assorted Fruits, Juice, & Vegetables MILK	30 Cereal/ Grahams Or Donut Ring WG Assorted Fruits, Juice, & Vegetables MILK	10/1 Cereal / Grahams Or Choc Muffin/Grahams 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)

September 2021

Benton Community Schools- Breakfast Menu

October 2021

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Lunches \$2.60 Daily- \$13.00 Weekly

*Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cereal / Grahams OR WG Cinnamon Minis Assorted Fruits, Juice, & Vegetables MILK	5 Cereal / Grahams Or Egg Omelet/Biscuit Assorted Fruits, Juice, & Vegetables MILK	6 Cereal /Grahams Or Fruit Parfait/Grahams Assorted Fruits, Juice, & Vegetables MILK	7 Cereal / Grahams Or Pancake Wrap Stick Assorted Fruits, Juice, & Vegetables MILK	8 Cereal / Grahams Or Nutrigran Bar/Grahams Assorted Fruits, Juice, & Vegetables MILK
11 Cereal / Grahams Or WG Blueberry Muffin Assorted Fruits ,Juice, & Vegetables MILK	12 Cereal / Grahams Or Chicken on a Biscuit Assorted Fruits ,Juice, & Vegetables MILK	13 Cereal /Grahams Or Pancake &** Sausage Patty /Syrup Assorted Fruits ,Juice, & Vegetables MILK	14 Cereal / Grahams Or Fruit Dainish Assorted Fruits ,Juice, & Vegetables MILK	FALL BREAK
FALL BREAK	FALL BREAK	20 Cereal / Grahams O Bacon Egg & Cheese Pizza Assorted Fruits, Juice, & Vegetables MILK	21 Cereal/ Grahams Or Super Donut WG Assorted Fruits, Juice, & Vegetables MILK	22 Cereal / Grahams Or Fruit Frudel Assorted Fruits, Juice, & Vegetables MILK
25 Cereal/Grahams Or WG Pop Tart/Graham Assorted Fruits, Juice, & Vegetables MILK	26 Cereal / Grahams Or Yogurt /Grahams Assorted Fruits, Juice, & Vegetables MILK	27 Cereal /Grahams Or Mini Maple Waffles/Syrup Assorted Fruits, Juice, & Vegetables MILK	28 Cereal / Grahams Or Cinnamon Roll Assorted Fruits, Juice, & Vegetables MILK	29 Cereal / Grahams Or **Sausage & Cheese/English Muffin 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)


Benton Community Schools- Breakfast Menu

November 2021

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Lunches \$2.60 Daily- \$13.00 Weekly

*Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal/ Grahams Or WG Bagel/ Cream Cheese/ Jelly Assorted Fruits, Juice, & Vegetables MILK	2 Cereal / Grahams Or French Toast Sticks /Syrup Assorted Fruits, Juice, & Vegetables MILK	3 Cereal / Grahams Or Bacon Egg & Cheese Pizza Assorted Fruits, Juice, & Vegetables MILK	4 Cereal/ Grahams Or Donut Ring WG Assorted Fruits, Juice, & Vegetables MILK	5 Cereal / Grahams Or Choc Muffin/Grahams Assorted Fruits, Juice, & Vegetables MILK
8 Cereal / Grahams OR WG Cinnamon Minis Assorted Fruits, Juice, & Vegetables MILK	9 Cereal / Grahams Or Egg Omelet/Biscuit Assorted Fruits, Juice, & Vegetables MILK	10 Cereal /Grahams Or Fruit Parfait/Grahams Assorted Fruits, Juice, & Vegetables MILK	11 Cereal / Grahams Or Pancake Wrap Stick Assorted Fruits, Juice, & Vegetables MILK	12 Cereal / Grahams Or Nutrigran Bar/Grahams Assorted Fruits, Juice, & Vegetables MILK
15 Cereal / Grahams Or WG Blueberry Muffin Assorted Fruits ,Juice, & Vegetables MILK	16 Cereal / Grahams Or Chicken on a Biscuit Assorted Fruits ,Juice, & Vegetables MILK	17 Cereal /Grahams Or Pancake & Bacon /Syrup Assorted Fruits ,Juice, & Vegetables MILK	18 Cereal / Grahams Or Fruit Dainish Assorted Fruits ,Juice, & Vegetables MILK	19 Cereal / Grahams Or Cook's Choice Assorted Fruits ,Juice, & Vegetables MILK
22 Cereal / Grahams Or Sausage & Gravy Pizza Assorted Fruits, Juice, & Vegetables MILK	23 Cereal / Grahams Or Breakfast Bites/Syrup Assorted Fruits, Juice, & Vegetables MILK	Thanksgiving Break		 Thanksgiving Break
29 Cereal/Grahams Or WG Pop Tart/Graham Assorted Fruits, Juice, & Vegetables MILK	30 Cereal / Grahams Or Yogurt /Grahams 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)


Benton Community Schools- Breakfast Menu

December 2021

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Lunches \$2.60 Daily- \$13.00 Weekly

*Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cereal /Grahams Or Mini Maple Waffles/Syrup Assorted Fruits, Juice, & Vegetables MILK	2 Cereal / Grahams Or Cinnamon Roll Assorted Fruits, Juice, & Vegetables MILK	3 Cereal / Grahams Or **Sausage & Cheese/English Muffin Assorted Fruits, Juice, & Vegetables MILK
6 Cereal/ Grahams Or WG Bagel/ Cream Cheese/ Jelly Assorted Fruits, Juice, & Vegetables MILK	7 Cereal / Grahams Or French Toast Sticks /Syrup Assorted Fruits, Juice, & Vegetables MILK	8 Cereal / Grahams O Bacon Egg & Cheese Pizza Assorted Fruits, Juice, & Vegetables MILK	9 Cereal/ Grahams Or Donut Ring WG Assorted Fruits, Juice, & Vegetables MILK	10 Cereal / Grahams Or Choc Muffin/Grahams Assorted Fruits, Juice, & Vegetables MILK
13 Cereal / Grahams OR WG Cinnamon Minis Assorted Fruits, Juice, & Vegetables MILK	14 Cereal / Grahams Or Egg Omelet/Biscuit Assorted Fruits, Juice, & Vegetables MILK	15 Cereal /Grahams Or Fruit Parfait/Grahams Assorted Fruits, Juice, & Vegetables MILK	16 Cereal / Grahams Or Pancake Wrap Stick Assorted Fruits, Juice, & Vegetables MILK	17 Cereal / Grahams Or Nutrigrum Bar/Grahams Assorted Fruits, Juice, & Vegetables MILK
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break

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)