

Benton County School District

Breakfast Menu (k-12)

October 1 - October 31, 2022

Revised

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Banana Breakfast Bread MS1634 Breakfast Sausage Pizza MS 1684 Fresh Apples MS1206 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 4 Sausage and Biscuit MS168 Toasted Bagel MS1600 Strawberry Cream Cheese MS1570 Assorted Fruit Juices MS1246 Fresh Bananas MS1220 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 5 Banana Muffin MS1632 String Cheese MS931 Breakfast Burrito MS1683 Fresh Apples MS1206 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 6 Bagel w/ Sausage & Gravy MRS1695 Sausage & Pancake on a Stick MS1690 Fresh Melon Cubes MS123 Assorted Fruit Juices MS1246 Chocolate Milk MS1700 Fat Free Milk MS1706	Oct - 7 HOLIDAY NO SCHOOL
Oct - 10 HOLIDAY NO SCHOOL	Oct - 11 Mini Pancakes in a Bag MS1637 Toasted Bagel MS1600 Strawberry Cream Cheese MS1570 Assorted Fruit Juices MS1246 Fresh Apples MS1206 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 12 Breakfast Sausage Pizza MS 1684 Apple Frudel MS1627 Assorted Fruit Juices MS1246 Fresh Pears MS1280 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 13 Breakfast Burrito MS1683 Biscuit and Bacon MS1603 Assorted Fruit Juices MS1246 Fresh Bananas MS1220 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 14 Frosted Flakes Whole Wheat Toast MS1604 French Toast Sticks MS162 Fresh Grapes MS1226 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700
Oct - 17 Assorted Breakfast Bread MS 1646 Breakfast Sausage Pizza MS 1684 Fresh Pears MS1280 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 18 Banana Muffin MS1632 String Cheese MS931 Chicken Patty & Biscuit MS1685 Fresh Oranges MS1268 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 19 French Toast Sticks MS162 Breakfast Burrito MS1683 Fresh Apples MS1206 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 20 Yogurt Parfait MS1691 Bagel w/ Sausage & Gravy MRS1695 Fresh Bananas MS1220 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 21 Reese's Puffs Cereal MS1619 Whole Wheat Toast MS1604 Sausage & Pancake on a Stick MS1690 Fresh Plums MS1288 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700
Oct - 24 Sausage & Pancake on a Stick MS1690 Strawberry Cream Cheese MS1570 Toasted Bagel MS1600 Assorted Fruit Juices MS1246 Fresh Apples MS1206 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 25 Ham Slice MS1680 Southern Biscuit MS16 Breakfast Burrito MS1683 Fresh Nectarines MS1266 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 26 Blueberry Muffin Loaf MS1630 String Cheese MS931 Breakfast Sausage Pizza MS 1684 Fresh Pears MS1280 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 27 Banana Breakfast Bread MS1634 Bagel w/ Sausage & Gravy MRS1695 Fresh Apples MS1206 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 28 Marshmallow Mateys MS1618 French Toast Sticks MS162 Fresh Oranges MS1268 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 31 Apple Frudel MS1627 Breakfast Sausage Pizza MS 1684 Fresh Apples MS1206 Assorted Fruit Juices MS1246 Fat Free Milk MS1706 Chocolate Milk MS1700				

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Revised

Lunch Menu (9-12)
October 1 - October 31, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 3 Stuffed Crust PizzaMS304 Chicken Patty Sandwich MS732 Tossed Salad w/ Dressing MS 1126 Whole Kernel CornMS1032 Pineapple Tidbits MS1286 Fresh Apples MS1206 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 4 Chicken FajitasMS527 Beef Taco with Soft TortillaMS109 Refried Beans MS1138 Tossed Salad w/ Dressing MS 1126 Fruit Cocktail MS1248 Applesauce MS1204 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 5 Fish Melt MS754 Hot Dog MS778 Crinkle Cut Fries MS1088 Confetti Coleslaw MS1114 Sliced Apples MS1214 Blushing Chilled Pears MS1276 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 6 Hamburger w/ Trimmings MS775 Ham and Turkey on Bun MS774 Mexicali Corn MS1030 Crinkle Cut Fries MS1088 Chilled Peach Slices MS1274 Mandarin Fruit Cup MS1254 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 7 NO SCHOOL
Oct - 10 NO SCHOOL	Oct - 11 BBQ Rib SandwichMS720 Ham and Cheese Sandwich MS770 Whole Kernel CornMS1032 Confetti Coleslaw MS1114 Applesauce MS1204 Fruit Cocktail MS1248 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 12 Chicken FajitasMS527 Tuna Salad with Crackers MS636 Tossed Salad w/ Dressing MS 1126 Green Beans MS1036 Pineapple Tidbits MS1286 Applesauce MS1204 Saltine Crackers MS1369 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 13 Sliced Turkey with Gravy MS564 Chef Salad MS600 Green Peas MS1071 Mashed Potatoes MS1078 Apples in a BagMS1202 Chilled Diced Pears MS1283 Yeast Roll MS13 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 14 Hamburger w/ Trimmings MS775 Chicken NuggetsMS532 TASTY TOTS Black-Eyed Peas MS1006 Baby Carrots w/ Dressing MS1017 Fruit Cocktail MS1248 Chilled Peach Slices MS1274 Yeast Roll MS13 Fat Free Milk MS1706 Chocolate Milk MS1700
Oct - 17 Grilled Chicken Sandwich MS764 Ham and Cheese Sandwich MS770 Crinkle Cut Fries MS1088 Baby Carrots w/ Dressing MS1017 Fruit Cocktail MS1248 Chilled Peach Slices MS1274 Low Fat Milk MS1708 Chocolate Milk MS1700	Oct - 18 Pepperoni Pizza Wedge MS306 Chicken Salad w/Crackers MS610 Whole Kernel CornMS1032 Tossed Salad w/ Dressing MS 1126 Chilled Peach Slices MS1274 Chilled Pear Halves MS1282 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 19 Macaroni & Cheese with Ham Slice MS412 Chicken Patty Sandwich MS732 Pinto Beans MS912 Confetti Coleslaw MS1114 Broccoli Florets w/ Dip MS1148 Pineapple Tidbits MS1286 Mandarin Fruit Cup MS1254 CornbreadMS1301 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 20 Spaghetti & Meat Sauce MS178 Hot Dog MS778 Green Beans MS1036 Confetti Coleslaw MS1114 Fruit Cocktail MS1248 Applesauce MS1204 Yeast Roll MS13 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 21 Sloppy Joe on BunMS791 Hamburger w/ Trimmings MS775 Tossed Salad w/ Dressing MS 1126 Crinkle Cut Fries MS1088 Fruit Cocktail MS1248 Fresh Oranges MS1268 Fat Free Milk MS1706 Chocolate Milk MS1700

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Oct - 24 Ham and Turkey on Bun MS774 Hot Dog MS778 Crinkle Cut Fries MS1088 Creamy ColeslawMS1116 Fruit Cocktail MS1248 Fresh Pears MS1280 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 25 BBQ Pork SandwichMS71 Turkey & Cheese Hoagie MS793 Baked BeansMS1000 Creamy ColeslawMS1116 Apple Slices inBagMS1202 Chilled Peach Slices MS1274 Fat Free Milk MS1706 Chocolate Milk MS1700	Oct - 26 Taco Soup MS812 Grilled Cheese Sandwich MS760 Grilled Chicken Sandwich MS764 Seasoned Lima Beans MS1005 Baby Carrots w/ Dressing MS1017 Blushing Chilled Pears MS1276 Pineapple Tidbits MS1286 Chocolate Milk MS1700 Fat Free Milk MS1706	Oct - 27 Pepperoni Pizza Wedge MS306 Beef & Bean BurritoMS118 Whole Kernel CornMS1032 Tossed Salad w/ Dressing MS 1126 Pineapple Tidbits MS1286 Chilled Peach Slices MS1274 Chocolate Milk MS1700 Fat Free Milk MS1706	Oct - 28 Hamburger w/ Trimmings MS775 Stromboli SupremeMS418 Crinkle Cut Fries MS1088 Baby Carrots w/ Dressing MS1017 Fruit Cocktail MS1248 Applesauce MS1204 Fat Free Milk MS1706 Chocolate Milk MS1700
Oct - 31 Grilled Chicken Sandwich MS764 Ham and Cheese Sandwic MS770 Crinkle Cut Fries MS1088 Baby Carrots w/ Dressing MS1017 Fruit Cocktail MS1248 Chilled Peach Slices MS1274 Low Fat Milk MS1708 Chocolate Milk MS1700				

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