

Benton County School District

Breakfast Menu (k-12)

Aug 23, 2022

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September 1 - September 30, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 Banana Breakfast Bread MS1634 Bagel w/ Sausage & Gravy MRS1695 Fresh Pears MS1280 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 2 Assorted Cold Cereals MS1622 Whole Wheat Toast MS1604 French ToastSticksMS162 Fresh Apples MS1206 Assorted Fruit Juices MS1246 Fat Free Milk MS1706
Sep - 5 HOLIDAY NO SCHOOL	Sep - 6 Mini Cinnis MS1605 Breakfast Sausage Pizza MS 1684 Fresh Fruit Cup MS1250 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 7 Ham Slice MS1680 Southern Biscuit MS16 Strawberry WG Toaster Pastries MS1644 Assorted Fruit Juices MS1246 Fresh Plums MS1288 Fat Free Milk MS1706	Sep - 8 Sausage & Pancake on a Stick MS1690 Z Breakfast Bread MS1631 Fresh Oranges MS1268 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 9 Mini Spooners Cereal MS1617 Bagel w/ Sausage & Gravy MRS1695 Fresh Pears MS1280 Assorted Fruit Juices MS1246 Fat Free Milk MS1706
Sep - 12 Bagel w/ Sausage & Gravy MRS1695 Waffles in a Bag MS1645 Fresh Apples MS1206 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 13 Chicken Patty & Biscuit MS1685 Z Breakfast Bread MS1631 Fresh Oranges MS1268 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 14 Cheese Omelet MS1662 Whole Wheat Toast MS1604 Cherry Frudel MS1628 Fresh Bananas MS1220 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 15 Yogurt Parfait MS1691 Breakfast Burrito MS1683 Fresh Pears MS1280 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 16 Honey Nut ScootersMS161 French ToastSticksMS162 Fresh Grapes MS1226 Assorted Fruit Juices MS1246 Fat Free Milk MS1706
Sep - 19 Banana Breakfast Bread MS1634 Breakfast Burrito MS1683 Fresh Plums MS1288 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 20 Strawberry WG Toaster Pastries MS1644 Cheese Omelet MS1662 Whole Wheat Toast MS1604 Fresh Bananas MS1220 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 21 String CheeseMS931 Blueberry Muffin Loaf MS1630 Bagel w/ Sausage & Gravy MRS1695 Assorted Fruit Juices MS1246 Fresh Pears MS1280 Fat Free Milk MS1706	Sep - 22 Bacon, Egg, and Cheese BiscuitMS1682 Apple Frudel MS1627 Assorted Fruit Juices MS1246 Fresh Apples MS1206 Fat Free Milk MS1706	Sep - 23 Marshmallow Mateys MS1618 Breakfast Sausage Pizza MS 1684 Fresh Oranges MS1268 Assorted Fruit Juices MS1246 Fat Free Milk MS1706
Sep - 26 Bagel w/ Sausage & Gravy MRS1695 Mini Pancakes in a Bag MS1637 Fresh Pears MS1280 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 27 Breakfast Sausage Pizza MS 1684 Strawberry WG Toaster Pastries MS1644 Assorted Fruit Juices MS1246 Fresh Oranges MS1268 Fat Free Milk MS1706	Sep - 28 Cherry Frudel MS1628 Breakfast Burrito MS1683 Fresh Apples MS1206 Assorted Fruit Juices MS1246 Fat Free Milk MS1706	Sep - 29 Sausage andBiscuitMS168 Toasted BagelMS1600 Strawberry Cream Cheese MS1570 Assorted Fruit Juices MS1246 Fresh Bananas MS1220 Fat Free Milk MS1706	Sep - 30 Sausage & Pancake on a Stick MS1690 Frosted Flakes Whole Wheat Toast MS1604 Assorted Fruit Juices MS1246 Fresh Plums MS1288 Fat Free Milk MS1706

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

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Benton County School District

Lunch Menu (9-12)

September 1 - September 30, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 Chicken FajitasMS528 Corn DogMS744 Mashed Potatoes MS1078 Tossed Salad w/ Dressing MS 1126 Fresh Pears MS1280 Applesauce MS1204 Fat Free Milk MS1706	Sep - 2 Hamburger w/ Trimmings MS775 Turkey & Cheese Hoagie MS793 Crinkle Cut Fries MS1088 Whole Kernel CornMS1032 Fresh Apples MS1206 Fruit Cocktail MS1248 Fat Free Milk MS1706
Sep - 5 HOLIDAY NO SCHOOL	Sep - 6 Sausage Pizza MS312 Hot Dog MS778 Tossed Salad w/ Dressing MS 1126 Whole Kernel CornMS1032 Confetti Coleslaw MS1114 Pineapple Tidbits MS1286 Chilled Pear Halves MS1282 Low Fat Milk MS1708	Sep - 7 BBQ Rib SandwichMS720 Chili Con Carne W/ Beans MS130 Mixed Vegetables MS1060 Tossed Salad w/ Dressing MS 1126 Fruit Cocktail MS1248 Applesauce MS1204 Fat Free Milk MS1706	Sep - 8 Beef Taco with Crispy ShellMS108 Grilled Chicken Sandwich MS764 Mexicali Corn MS1030 Seasoned Whole Green Beans Fresh Oranges MS1268 Sliced Apples MS1214 Fat Free Milk MS1706	Sep - 9 Chicken TendersMS546 Chef Salad MS600 Black-Eyed Peas MS1006 Mashed Potatoes MS1078 Chilled Peach Slices MS1274 Mandarin Fruit Cup MS1254 CornbreadMS1301 Fat Free Milk MS1706
Sep - 12 Ham and Cheese Sandwic MS770 Fish Sandwich MS750 Confetti Coleslaw MS1114 Whole Kernel CornMS1032 Sliced Apples MS1214 Chilled Peach Slices MS1274 Fat Free Milk MS1706	Sep - 13 BBQ Rib SandwichMS720 Turkey & Cheese Hoagie MS793 Baked BeansMS918 Tossed Salad w/ Dressing MS 1126 Fruit Cocktail MS1248 Pineapple Tidbits MS1286 Fat Free Milk MS1706	Sep - 14 Hot Dog MS778 Spaghetti & Meat Sauce MS178 Peas and CarrotsMS1062 Confetti Coleslaw MS1114 Yeast Roll MS13 Blushing Chilled Pears MS1276 Chilled Peach Slices MS1274 Fat Free Milk MS1706	Sep - 15 Boneless Buffalo Hot WingsMS540 Chicken FajitasMS529 Whole Wheat Garlic Toast MS1351 Crinkle Cut Fries MS1088 Broccoli Florets w/ Dip MS1148 Fresh Pears MS1280 Applesauce MS1204 Fat Free Milk MS1706	Sep - 16 Hamburger w/ Trimmings MS775 Pepperoni Pizza Wedge MS306 Crinkle Cut Fries MS1088 Whole Kernel CornMS1032 Blushing Chilled Pears MS1276 Mandarin Fruit Cup MS1254 Fat Free Milk MS1706
Sep - 19 Mexican Pizza MS302 Beef & Bean BurritoMS118 Tossed Salad w/ Dressing MS 1126 Refried Beans MS1138 Pineapple Tidbits MS1286 Applesauce MS1204 Fat Free Milk MS1706	Sep - 20 Spaghetti & Meat Sauce MS178 Hot Dog MS778 Yeast Roll MS13 Green Beans MS1036 Confetti Coleslaw MS1114 Fruit Cocktail MS1248 Chilled Peach Slices MS1274 Fat Free Milk MS1706	Sep - 21 BBQ PulledPorkBurgMS71 Hamburger w/ Trimmings MS775 Baked BeansMS1000 Confetti Coleslaw MS1114 Blushing Chilled Pears MS1276 Sliced Apples MS1214 Oatmeal Raisin Cookie MS1432 Fat Free Milk MS1706	Sep - 22 Mandarin ChickenMS570 Fried Brown Rice MS1347 American Sub Sand MS700 Seasoned Lima Beans MS1005 Glazed Carrots MS1018 Yeast Roll MS13 Fresh Apples MS1206 Pineapple Tidbits MS1286 Fat Free Milk MS1706	Sep - 23 CheeseburgerMS728 Chicken NuggetsMS532 Oven Baked Potato Wedge MS1094 Baby Carrots w/ Dressing MS1017 Applesauce MS1204 Fruit Cocktail MS1248 Fat Free Milk MS1706

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Sep - 26 Turkey & Cheese Hoagie MS793 Hamburger w/ Trimmings MS775 Tossed Salad w/ Dressing MS 1126 Mexicali Corn MS1030 Pineapple Tidbits MS1286 Chilled Diced Pears MS1283 Chocolate Chip Cookie MS1428 Fat Free Milk MS1706	Sep - 27 Corn DogMS744 Beef & Bean BurritoMS118 Mixed Vegetables MS1060 Creamy ColeslawMS1116 Chilled Peach Slices MS1274 Applesauce MS1204 Fat Free Milk MS1706	Sep - 28 Spicy Chicken Sandwich MS736 Stromboli SupremeMS418 Whole Kernel CornMS1032 Tossed Salad w/ Dressing MS 1126 Mandarin Fruit Cup MS1254 Fruit Cocktail MS1248 Fat Free Milk MS1706	Sep - 29 GrilledChickenSaladMS62 Hot Dog MS778 Whole Kernel CornMS1032 Tossed Salad w/ Dressing MS 1126 Fresh Bananas MS1220 Applesauce MS1204 Fat Free Milk MS1706	Sep - 30 Hamburger Steak w/ Gravy MS144 Chicken NuggetsMS532 Mashed Potatoes MS1078 Green Peas MS1071 Pineapple Tidbits MS1286 Blushing Chilled Pears MS1276 Yeast Roll MS13 Fat Free Milk MS1706

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