

BENTON COUNTY SCHOOLS

Breakfast Menu September 1- September 30

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 French Toast Sticks Mini Spooners Cereal Fresh Fruit Cup Assorted Fruit Juices Pancake Syrup Chocolate Milk Fat Free Milk	Sep - 2 Strawberry Toaster Pastry	Sep - 3 Ham Slice Southern Biscuit Assorted Muffin Loaves String Cheese Fresh Fruit Bowl Assorted Fruit Juices Assorted Jellies Chocolate Milk Fat Free Milk	Sep - 4 Waffles in a Bag Marshmallow Mateys Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk
Sep - 7 HOLIDAY NO SCHOOL	Sep - 8 Z Breakfast Bread Cheese Omelet Whole Wheat Toast Assorted Jellies Fresh Bananas Assorted Fruit Juices Fat Free Milk Chocolate Milk	Sep - 9 Chocolate Donuts	Sep - 10 Strawberry WG Toaster Pastries Assorted Cold Cereals Whole Wheat Toast Fresh Apples Assorted Fruit Juices Chocolate Milk Fat Free Milk	Sep - 11 Sausage & Pancake on a Stick Pancake Syrup Toasted Bagel Strawberry Cream Cheese Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk
Sep - 14 Mini Cinnis Chicken Patty & Biscuit Fresh Fruit Cup Assorted Fruit Juices Fat Free Milk Chocolate Milk	Sep - 15 Chocolate Chip Muffin Loaf String Cheese Breakfast Sausage Pizza Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Sep - 16 Assorted Breakfast Bread	Sep - 17 Assorted Cold Cereals Whole Wheat Toast Assorted Jellies Sausage and Biscuit Fresh Fruit Cup Assorted Fruit Juices Fat Free Milk Chocolate Milk	Sep - 18 Apple Frudel Cheese Omelet Whole Wheat Toast Assorted Jellies Assorted Fruit Juices Fresh Fruit Cup Chocolate Milk Fat Free Milk
Sep - 21 Breakfast Sliders Assorted Cold Cereals Whole Wheat Toast Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Sep - 22 Chocolate Toaster Pastry Bagel w/ Sausage & Gravy Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk	Sep - 23 Fruit Flavor Cereal Bar	Sep - 24 Banana Muffin String Cheese Yogurt Parfait Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk	Sep - 25 Honey Nut Scooters Breakfast Burrito Fresh Orange Smiles Assorted Fruit Juices Chocolate Milk Fat Free Milk
Sep - 28 Powdered Sugar Donuts Cheese Omelet Whole Wheat Toast Assorted Jellies Assorted Fruit Juices Fresh Fruit Cup Chocolate Milk Fat Free Milk	Sep - 29 Breakfast Sausage Pizza Cherry Frudel Assorted Fruit Juices Fresh Fruit Cup Chocolate Milk Fat Free Milk	Sep - 30 Froot Loops Cereal		

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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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BENTON COUNTY SCHOOLS

Breakfast/Sack Lunch September 1-September 30

Aug 25, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 Mini Spooners Cereal Fresh Bananas Assorted Fruit Juices Fat Free Milk	Sep - 2 Strawberry Toaster Pastry Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 3 Assorted Muffin Loaves String Cheese Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 4 Marshmallow Mateys Fresh Bananas Assorted Fruit Juices Fat Free Milk
Sep - 7 HOLIDAY NO SCHOOL	Sep - 8 Z Breakfast Bread Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 9 Chocolate Donuts Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 10 Strawberry Toaster Pastry String Cheese Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 11 Toasted Bagel Strawberry Cream Cheese Fresh Apples Assorted Fruit Juices Chocolate Milk
Sep - 14 Mini Cinnis Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 15 Chocolate Chip Muffin Loaf String Cheese Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 16 Assorted Breakfast Bread Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 17 Assorted Cold Cereals Whole Wheat Toast Fresh Fruit Cup Assorted Fruit Juices Fat Free Milk	Sep - 18 Apple Frudel Fresh Bananas Assorted Fruit Juices Chocolate Milk
Sep - 21 Assorted Cold Cereals Whole Wheat Toast Fresh Bananas Assorted Fruit Juices Fat Free Milk	Sep - 22 Chocolate Toaster Pastry Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 23 Fruit Flavor Cereal Bar String Cheese Sliced Apples and Grapes Assorted Fruit Juices Chocolate Milk	Sep - 24 Banana Muffin String Cheese Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 25 Honey Nut Scooters Fresh Bananas Assorted Fruit Juices Fat Free Milk
Sep - 28 Powdered Sugar Donuts Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 29 Cherry Frudel Fresh Bananas Assorted Fruit Juices Chocolate Milk	Sep - 30 Froot Loops Cereal Fresh Bananas Assorted Fruit Juices Fat Free Milk		

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BENTON COUNTY SCHOOLS

LUNCH MENU

September 1 - September 30, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 Corn Dog Nuggets Chicken with Alfredo Sauce Broccoli Florets w/ Dip Steamed Carrots Yeast Roll Assorted Fruit Juices Pineapple Tidbits Chocolate Milk Fat Free Milk	Sep - 2 Turkey & Cheese on Bun	Sep - 3 Beef & Bean Burrito Chicken Tenders Yeast Roll Whole Kernel Corn Black-Eyed Peas Fresh Fruit Bowl Fresh Bananas Ketchup Mustard, PC, MS1538 Mayonnaise Fat Free Milk Chocolate Milk	Sep - 4 Hamburger w/ Trimmings Spicy Chicken Sandwich Trimmings Crinkle Cut Fries Whole Kernel Corn Blushing Chilled Pears Fresh Oranges Chocolate Milk Fat Free Milk
Sep - 7 HOLIDAY NO SCHOOL	Sep - 8 Cheeseburger Hot Dog Oven Baked Potato Wedge Creamy Coleslaw Baby Carrots w/ Dressing Applesauce Fresh Fruit Cup Chocolate Milk Fat Free Milk	Sep - 9 Ham and Turkey on Bun	Sep - 10 Ham and Cheese Sandwich Fish Sandwich Confetti Coleslaw Mashed Potatoes Fresh Fruit Cup Assorted Fruit Juices Tartar Sauce Ketchup Mayonnaise Mustard, PC, MS1538 Chocolate Milk Fat Free Milk	Sep - 11 Sausage Pizza Hot Dog Tossed Salad w/ Dressing Whole Kernel Corn Confetti Coleslaw Pineapple Tidbits Fresh Fruit Bowl Low Fat Milk Chocolate Milk
Sep - 14 Pepperoni Pizza Wedge Ham and Turkey on Bun Trimmings TASTY TOTS Baby Carrots w/ Dressing Pineapple Tidbits Fresh Fruit Bowl Mayonnaise Mustard, PC, MS1538 Fat Free Milk Chocolate Milk	Sep - 15 Sliced Turkey with Gravy Lemon Pepper Chicken Green Beans Mashed Potatoes Yeast Roll Fruit Cocktail Fresh Fruit Cup Chocolate Milk Fat Free Milk	Sep - 16 Ham and Cheese on Bun	Sep - 17 Grilled Chicken Sandwich BBQ Turkey Sandwich Baked Beans Confetti Coleslaw Applesauce Fresh Orange Smiles Trimmings Mayonnaise Mustard, PC, MS1538 Ketchup Fat Free Milk Chocolate Milk	Sep - 18 Chicken Fajitas Beef Taco with Crispy Shell Salsa Refried Beans Mexicali Corn Fresh Oranges Fresh Fruit Cup Chocolate Milk Fat Free Milk
Sep - 21 BBQ Rib Sandwich Turkey & Cheese Hoagie Whole Kernel Corn Trimmings Sunchips, Harvest Cheddar Fresh Fruit Cup Assorted Fruit Juices Mayonnaise Mustard, PC, MS1538 Fat Free Milk Chocolate Milk	Sep - 22 Cheesy Chicken Over/Rice Spicy Chicken Sandwich Seasoned Lima Beans Glazed Carrots Yeast Roll Trimmings Fresh Fruit Cup Fresh Fruit Bowl Fat Free Milk Chocolate Milk	Sep - 23 Turkey and Cheese Wrap	Sep - 24 Chef Salad Corn Dog Mashed Potatoes Seasoned Whole Green Beans Whole Wheat Roll Fresh Bananas Fresh Fruit Bowl Assorted Salad Dressings Chocolate Milk Fat Free Milk	Sep - 25 Hot Dog Chicken Tenders Yeast Roll Whole Kernel Corn Creamy Coleslaw Fresh Fruit Bowl Fresh Bananas Ketchup Mustard, PC, MS1538 Mayonnaise Fat Free Milk Chocolate Milk

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BENTON COUNTY SCHOOLS

LUNCH MENU

Aug 25, 2020

September 1 - September 30, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 28 Hot Dog Spaghetti & Meat Sauce Peas and Carrots Confetti Coleslaw Tossed Salad w/ Dressing Whole Wheat Roll Fresh Pears Fresh Fruit Bowl Chocolate Milk Fat Free Milk	Sep - 29 Boneless Buffalo Hot Wings Chicken Fajitas Whole Wheat Garlic Toast Crinkle Cut Fries Confetti Coleslaw Fruit Cocktail Applesauce Ranch Dressing Fat Free Milk Chocolate Milk	Sep - 30 Ham and Cheese Wrap		

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BENTON COUNTY SCHOOLS

Lunch/Sack Lunches September 1- September 30

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 Ham and Cheese Wrap Chips Baby Carrots Frozen Fruit Juice Cups Fresh Apples Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Sep - 2 Turkey & Cheese on Bun Chips Baby Carrots Fresh Bananas Assorted Fruit Juices Chocolate Chip Cookie Chocolate Milk Fat Free Milk	Sep - 3 Ham and Turkey on Bun Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk	Sep - 4 Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Oatmeal Raisin Cookie
Sep - 7 HOLIDAY NO SCHOOL	Sep - 8 Ham and Cheese Wrap Chips Baby Carrots Apple Slices in a Bag Assorted Fruit Juices Chocolate Milk Fat Free Milk Graham Crackers	Sep - 9 Ham and Turkey on Bun Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Chocolate Milk Fat Free Milk Sugar Cookie	Sep - 10 Ham and Cheese on Bun Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk	Sep - 11 Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk
Sep - 14 Ham and Turkey on Bun Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk	Sep - 15 Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Sep - 16 Ham and Cheese on Bun Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Sep - 17 Turkey & Cheese Hoagie Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Sep - 18 Ham and Cheese Wrap Chips Baby Carrots Apple Slices in a Bag Assorted Fruit Juices Chocolate Milk Fat Free Milk Graham Crackers
Sep - 21 Turkey & Cheese Hoagie Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Sep - 22 Ham and Cheese on Bun Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Sep - 23 Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Sep - 24 Ham and Cheese Wrap Chips Baby Carrots Frozen Fruit Juice Cups Fresh Apples Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Sep - 25 Ham and Turkey on Bun Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk
Sep - 28 Ham and Cheese on Bun Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Sugar Cookie Chocolate Milk Fat Free Milk	Sep - 29 Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Assorted Fruit Juices Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Sep - 30 Ham and Cheese Wrap Chips Baby Carrots Frozen Fruit Juice Cups Fresh Apples Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk		

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