

BENTON COUNTY SCHOOLS

Breakfast Menu January 1- January 31

Dec 11, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
				Jan - 1 HOLIDAY NO SCHOOL
Jan - 4 NO SCHOOL	Jan - 5 Strawberry WG Toaster Pastries Fresh Oranges Assorted Fruit Juices Fat Free Milk Chocolate Milk	Jan - 6 Froot Loops Cereal Fresh Bananas Assorted Fruit Juices Fat Free Milk	Jan - 7 Sausage and Biscuit Fresh Orange Smiles Assorted Fruit Juices Fat Free Milk Chocolate Milk	Jan - 8 French Toast Sticks Fresh Orange Smiles Assorted Fruit Juices Fat Free Milk Chocolate Milk
Jan - 11 Breakfast Burrito Assorted Fruit Juices Fresh Bananas Fat Free Milk Chocolate Milk	Jan - 12 Ham Slice Southern Biscuit Assorted Fruit Juices Assorted Jellies Fat Free Milk Chocolate Milk	Jan - 13 Honey Nut Scooters Fresh Bananas Assorted Fruit Juices Fat Free Milk	Jan - 14 Cheese Omelet Whole Wheat Toast Fresh Fruit Cup Assorted Fruit Juices Fat Free Milk Chocolate Milk	Jan - 15 Sausage & Pancake on a Stick Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk
Jan - 18 HOLIDAY NO SCHOOL	Jan - 19 Waffles in a Bag Pancake Syrup Fresh Fruit Cup Assorted Fruit Juices Fat Free Milk Chocolate Milk	Jan - 20 Marshmallow Mateys Fresh Bananas Assorted Fruit Juices Fat Free Milk	Jan - 21 Banana Breakfast Bread Fresh Orange Smiles Assorted Fruit Juices Fat Free Milk Chocolate Milk	Jan - 22 Chicken Patty & Biscuit Fresh Oranges Assorted Fruit Juices Chocolate Milk Fat Free Milk
Jan - 25 Assorted Muffin Loaves String Cheese Fresh Fruit Bowl Assorted Fruit Juices Chocolate Milk Fat Free Milk	Jan - 26 Toasted Bagel Strawberry Cream Cheese Fresh Bananas Chocolate Milk Fat Free Milk	Jan - 27 Mini Spooners Cereal Fresh Bananas Assorted Fruit Juices Fat Free Milk	Jan - 28 Biscuit and Bacon Assorted Fruit Juices Fresh Fruit Cup Chocolate Milk Fat Free Milk	Jan - 29 Mini Cinnis Fresh Fruit Cup Assorted Fruit Juices Fat Free Milk Chocolate Milk

In accordance with Federal Law and U.S. Department of Agriculture policy, the Benton County School District does not discriminate on the basis of race, sex, age, religion, disability, or national origin.
All menus are subject to change according to product availability.

**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.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

BENTON COUNTY SCHOOLS

Lunch Menu January 1- January 31

Monday	Tuesday	Wednesday	Thursday	Friday
				Jan - 1 HOLIDAY NO SCHOOL
Jan - 4 NO SCHOOL	Jan - 5 Pepperoni Pizza Whole Kernel Corn Chilled Pear Halves Chocolate Milk Fat Free Milk	Jan - 6 Turkey & Cheese on Bun Chips Baby Carrots Fresh Bananas Chocolate Chip Cookie Chocolate Milk Fat Free Milk	Jan - 7 BBQ Pulled Pork Burger Baked Beans Confetti Coleslaw Chilled Pear Halves Chocolate Milk Fat Free Milk	Jan - 8 Chef Salad Green Beans Pineapple Tidbits Chocolate Milk Fat Free Milk
Jan - 11 Fish Melt Corn on the Cob Fresh Fruit Cup Chocolate Milk Fat Free Milk	Jan - 12 Chicken Fajitas Spanish Rice Fresh Fruit Cup Chocolate Milk Fat Free Milk	Jan - 13 Ham and Turkey on Bun Chips Baby Carrots Fresh Fruit Cup Sugar Cookie Chocolate Milk Fat Free Milk	Jan - 14 Meatloaf Green Peas Mashed Potatoes Fresh Fruit Cup Yeast Roll Chocolate Milk Fat Free Milk	Jan - 15 Buffalo Hot Wings Crinkle Cut Fries Fresh Orange Smiles Chocolate Chip Cookie Chocolate Milk Fat Free Milk
Jan - 18 HOLIDAY NO SCHOOL	Jan - 19 Beef Taco with Crispy Shell Mexicali Corn Fresh Fruit Cup Chocolate Milk Fat Free Milk	Jan - 20 Ham and Cheese on Bun Chips Baby Carrots Fresh Fruit Cup Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Jan - 21 Spicy Chicken Sandwich Criss Cut Sweet Potatoes Fresh Fruit Bowl Chocolate Milk Fat Free Milk	Jan - 22 Hamburger Steak w/ Gravy Green Peas Mashed Potatoes with Cheese Yeast Roll Chilled Diced Pears Chocolate Milk Fat Free Milk
Jan - 25 BBQ Rib Sandwich Whole Kernel Corn Fresh Fruit Cup Fat Free Milk Chocolate Milk	Jan - 26 Cheeseburger Crinkle Cut Fries Fresh Fruit Bowl Fat Free Milk Chocolate Milk	Jan - 27 Turkey and Cheese Wrap Chips Baby Carrots Fresh Fruit Cup Oatmeal Raisin Cookie Chocolate Milk Fat Free Milk	Jan - 28 Taco Soup Saltine Crackers Refried Beans Fresh Fruit Bowl Fat Free Milk Chocolate Milk	Jan - 29 Mandarin Chicken Fried Brown Rice Applesauce Yeast Roll Fat Free Milk Chocolate Milk

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