

Bennett Elementary Breakfast Menu

This Institution is an Equal Opportunity Provider

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
All breakfast is served with fruit, fruit juice and milk	NO SCHOOL	NO SCHOOL	NO SCHOOL	Cereal, toast, fruit, fruit juice, milk	Long john or cereal, toast, fruit, fruit juice, milk
7	8	9	10	11	12
	French toast and sausage links or cereal, toast, fruit, fruit juice, milk	Breakfast burrito or cereal, toast, fruit, fruit juice, milk	Bacon/egg/cheese on flatbread or cereal, toast, fruit, fruit juice, milk	Waffles and sausage or cereal, toast, fruit, fruit juice, milk	Donut or cereal, toast, fruit, fruit juice, milk
14	15	16	17	18	19
	Pancakes and sausage or cereal, toast, fruit, fruit juice, milk	Sausage gravy and biscuit or cereal, toast, fruit, fruit juice, milk	Ham/egg/cheese biscuit or cereal, toast, fruit, fruit juice, milk	Yogurt w/granola or cereal, toast, fruit, fruit juice, milk	Long john or cereal, toast, fruit, fruit juice, milk
21	22	23	24	25	26
	Muffins or cereal, toast, fruit, fruit juice, milk	Pancakes and sausage or cereal, toast, fruit, fruit juice, milk	Cinnamon roll or cereal, toast, fruit, fruit juice, milk	French toast and sausage links or cereal, toast, fruit, fruit juice, milk	Donut or cereal, toast, fruit, fruit juice, milk
28	29	30	31		
	Scrambled eggs w/ham or cereal, toast, fruit, fruit juice, milk	Biscuits and sausage gravy or cereal, toast, fruit, fruit juice, milk	Ham/egg/cheese sandwich or cereal, toast, fruit, fruit juice, milk		

Check back often for changes in the lunch menu www.bennett.k12.ia.us.com

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
ALT peanut butter and jelly or hot dog	NO SCHOOL	NO SCHOOL	NO SCHOOL	Goulash, green beans, broccoli, applesauce, pears, breadstick, milk	Pizza, corn, apple wedges, fruit juice, milk
7	8	9	10	11	12
	Hot ham and cheese on WG/bun, baked beans, carrots, applesauce, tropical fruit, milk	Chicken strips, potato wedges, broccoli w/cheese, orange slices, banana, bread and butter, milk	Bennett special on WG/bun, chips, veggies, strawberries, peaches, milk	Chicken alfredo, breadstick, toss salad, green beans, grapes, mixed berries, milk	Cheeseburger on WG/bun, tomato slices, carrots, peaches, pears, milk
14	15	16	17	18	19
	Taco hard or soft, meat, lettuce, salsa, cheese, refried beans, orange slices, pears, cookie	Chicken and noodles, peas, carrots, orange slices, grapes, dinner roll, milk	Deli day, ham, turkey or cheese on wg/bun, chips, pears, apple wedges, cookie, milk	Soup: chili or chicken noodle, crackers, veggies, grapes, banana, cookie, milk	Hot turkey, mashed potatoes, corn, sherbet cup, raisins, milk
21	22	23	24	25	26
	Chicken nuggets, mashed potatoes, corn, apple slices, raisins, cookie, milk	Rib patty on WG/bun, potato wedges, carrots, orange slices, pears, cookie, milk	Teriyaki chicken, stir fry veggies, toss salad, mand oranges, pineapple, milk	Chicken patty on WG/bun, fries, baked beans, apple slices, mixed fruit, milk	Breaded cheese stick w/marinara, toss salad, slushie, pears, milk
28	29	30	31		
	Grilled cheese, tomato soup, carrots, applesauce, mixed fruit, cookie, milk	Beef dippers, fries, baked beans, applesauce, peaches, milk	Rib patty on WG/bun, potato wedges, carrots, orange slices, pears, cookie, milk		

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