

*Milk is available with all lunches*  
Daily Milk Choices include:  
1%, 2%, Skim, ½% Chocolate, & 1% Strawberry

September 2010  
Bennet Academy

Daily fruit choices include a variety of fresh, canned, and 100% fruit juice.

<i>Alternates</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<i>Rib-B-Que Sandwich Yogurt/Bagel Plate Chef Salad Tuna Sandwich</i>			1 Chicken Nuggets Seasoned Noodles Fresh Steamed Carrots Choice of Fruit	2 Burger Day Beefburger/Cheeseburger or Veggie Burger on a Whole Wheat Roll Lettuce & Tomato Corn Choice of Fruit	3 Pizza Wedge Cheese or Fresh Veggie Garden Salad Choice of Fruit
<i>Clam Roll Yogurt/Bagel Plate Chef Salad Ham &amp; Cheese Sandwich</i>	6  Labor Day No School	7 Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Corn on the Cob Choice of Fruit	8 Meatball Grinder Onion Rings Cucumber Salad Choice of Fruit	9 Chicken Fajita Rice Assorted Vegetables Choice of Fruit	10 Pizza Round Cheese or Fresh Veggie Caesar Salad Choice of Fruit
<i>Fish Sandwich Yogurt/Bagel Plate Chef Salad Turkey Sandwich</i>	13 Toasted Cheese Sandwich on Whole Wheat Bread Sweet Potato Fries Yogurt Cup Choice of Fruit	14 Beef Stroganoff Over Noodles Fresh Steamed Baby Carrots Choice of Fruit	15 Grilled Chicken Patty on a Whole Wheat Roll Fresh Steamed Green Beans Choice of Fruit	16 Italian Dunkers Soft Bread Sticks Zesty Meat Sauce Fresh Spinach Salad Choice of Fruit	17 <i>French Bread Pizza Day</i> Traditional Style Pizza or White Pizza w/Cheese & Garlic Vegetable Sticks & Low Fat Dip Choice of Fruit
<i>Egg &amp; Cheese Sandwich Yogurt/Bagel Plate Chef Salad Bologna &amp; Cheese Sandwich</i>	20 Popcorn Chicken Mashed Potato Gravy Corn Choice of Fruit	21 Footlong Hot Dog on a Roll Vegetarian Baked Beans Potato Rounds Choice of Fruit	22 Crispy Fish Tenders Baked Whole Wheat Macaroni & Cheese Fresh Steamed Spinach Choice of Fruit	23 Nacho Supreme Baked Tortilla Chips Seasoned 100% All Beef Taco Meat Rice Lettuce, Salsa, Cheese Sauce Choice of Fruit	24 Pizza Wedge Cheese or Fresh Veggie Mixed Garden Greens Choice of Fruit
<i>Steak Sandwich Yogurt/Bagel Plate Chef Salad Tuna Sandwich</i>	27 Teriyaki Chicken Tenders Rice Fresh Steamed Green Beans Choice of Fruit	28 Corn Dog Nuggets Sweet Potato Fries Fresh Broccoli Florets Choice of Fruit	29 <i>Pasta Day</i> Baked Ziti & Meatballs Garlic Bread Garden Salad Choice of Fruit	30 <i>Taco Day</i> Soft Shell Taco Rice & Beans Lettuce & Tomato Salsa Choice of Fruit	

*Menu subject to change*