

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

February 2010
 Bennet Academy

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

<i>Alternates</i>	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Hot Pocket</i> <i>Yogurt/Bagel Plate</i> <i>Chef Salad</i> <i>Turkey Sandwich</i>	1 Meatball Grinder Onion Rings Garden Salad Choice of Fruit	2 Cheese Dippers Marinara Sauce Shells Green Beans Choice of Fruit	3 Beefburger or Cheeseburger on a Whole Wheat Roll Lettuce & Tomato Potato Rounds Choice of Fruit	4 Chicken Nuggets Seasoned Noodles <i>Fresh Cooked Carrots</i> Choice of Fruit	5 Pizza Round Pasta Salad Choice of Fruit
<i>Rib-B-Que Sandwich</i> <i>Yogurt/Bagel Plate</i> <i>Chef Salad</i> <i>Ham & Cheese Sandwich</i>	8 Footlong Hot Dog on a Roll Baked Beans French Fries Choice of Fruit	9 French Toast Sticks Sausage Links Hash Brown Patty 100% Fruit Juice Choice of Fruit	10 Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Corn Choice of Fruit	11 Nacho Supreme Tortilla Chips Seasoned Meat Rice Cheese Sauce Lettuce & Tomato Sour Cream, Salsa Choice of Fruit	12 Pizza Wedge Baby Carrots & Low Fat Dip Choice of Fruit
15	Winter Vacation				19
<i>Fish Sandwich</i> <i>Yogurt/Bagel Plate</i> <i>Chef Salad</i> <i>Tuna Sandwich</i>	22 Chicken Tenders Rice Green Beans Choice of Fruit	23 Pasta & Meatsauce Garlic Bread Garden Salad Choice of Fruit	24 Baked Fish Sticks <i>Fresh Steamed Brocoli</i> Cheese Sauce Choice of Fruit	25 Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Corn Choice of Fruit	26 Pizza Veggie Sticks & Low Fat Dip Choice of Fruit

Menu subject to change