

June 2017

Benavides Independent School District

BREAKFAST



School Information: Summer Breakfast!

Time: 7:30-8:00

Dates: June 5-July 5, 2017

Monday-Thursday "Free to Children 0-18yrs."



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

"This institution is an equal opportunity provider!"



Monday

Tuesday

Wednesday

Thursday

Friday



5
Cereal Bars
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

6
Sausage Croissant
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

7
Breakfast Pizza
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

8
Assorted Breakfast
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo



12
Honey Bun
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

13
Potato/Egg Taquito
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

14
PB & Jelly
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

15
Assorted Breakfast
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo



19
Grilled Cheese
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

20
Cinnamon Oatmeal
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

21
Blueberry Muffin
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

22
Assorted Breakfast
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo



26
Ham/Egg Taquito
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

27
Cinnamon Roll
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

28
Sausage Biscuit
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

29
Assorted Breakfast
Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo



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School Information: Summer Lunch

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Pepperoni Pizza 5
Confetti Salad w/Ranch
Diced Carrots
Fruit
Milk Duo

Baked Chicken 6
Mashed Potatoes
Corn on the Cob
Fruit & Sliced Bread
Milk Duo

Spaghetti w/Meat 7
Sweet Peas
Confetti Salad w/Ranch
Fruit & Garlic Toast
Milk Duo

Beef Tamales 8
Pinto Beans
Mixed Vegetables
Fruit & Spanish Rice
Milk Duo



Cheeseburger 12
½ Baked Potato
Lettuce/Tom/Pickles
Fruit
Milk Duo

Chicken Alfredo 13
Confetti Salad w/Ranch
Baby Carrots
Fruit & Garlic Toast
Milk Duo

Ham/Ch Sandwich 14
Lettuce & Tomato
Celery w/PB
Fruit & Baked Chips
Milk Duo

BBQ On Bun 15
Broccoli w/Cheese
Baked Tater Tots
Fruit
Milk Duo



Turkey/Ch Sandwich 19
Lettuce & Tomato
Cucumbers w/Ranch
Fruit & Baked Chips
Milk Duo

Corn Dog 20
Diced Carrots
Corn on the Cob
Fruit & Mac and Cheese
Milk Duo

Chicken Fajita Taq. 21
Pinto Beans
Lettuce/Tomato/Cheese
Fruit & Spanish Rice
Milk Duo

Chicken Spaghetti 22
Confetti Salad w/Ranch
Green Beans
Fruit & Garlic Toast
Milk Duo



Chicken Nuggets 26
Mashed Potatoes
Sweet Corn
Fruit & Sliced Bread
Milk Duo

Pizza Slice 27
Confetti Salad w/Ranch
Baby Carrots
Fruit
Milk Duo

Tuna Sandwich 28
Lettuce & Tomato
Mixed Vegetables
Fruit & Baked Chips
Milk Duo

Hot Dog w/Chili 29
½ Baked Potato
Peas & Carrots
Fruit
Milk Duo

