

Benavides Independent School District



Mighty Eagle Cafe

SCHOOL INFORMATION:

*Menu subject to change upon availability!



BREAKFAST MENU

January-May 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Saus. Biscuit Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Mini Pancakes Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Ham/Egg Taco Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Honey Bun Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Sausage Roll Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo
2	Saus Croissant Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Assorted Muffins Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Potato/Egg Taco Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Cinnamon Roll Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Ham/Cheese Bar Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo
3	Saus/Egg Taco Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Mini Waffles Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Ham/Ch Croissant Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Cereal Bars Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Grilled Cheese Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo
4	Breakfast Pizza Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Eagle Donut Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Beef Tamales Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	French Toast Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	Pancake Wrap Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo

DAILY SELECTIONS

ENTREES

- *Menu Item
- *Variety Cereal w/Toast
- *Yogurt Parfait w/Granola

BEVERAGES

- Orange Juice
- Apple Juice
- 1% White Milk
- 1% Str Milk
- Non Fat Choc.

OTHER

- Fresh Fruit
- Fruit Smoothies



Calendar of Cycle Menu

January 2019							February 2019							March 2019							April 2019							May 2019						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2						1	2		1	2	3	4	5	6				1	2	3	4
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
27	28	29	30	31			24	25	26	27	28			24/ 31	25	26	27				28	29	30					26	27	28	29	30	31	

■ Week 1 Menu
 ■ Week 2 Menu
 ■ Week 3 Menu
 ■ Week 4 Menu
 ■ No School/Holiday
 ■ Staff Day/Tutorials

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Entrees listed will be offered with menu item.



Secondary Campus
OTHER DAILY SELECTIONS

Deli Line

Sandwiches: (3 Daily)

Ham/Cheese
Turkey/Cheese
Tuna
Chicken Salad
PB & Jelly

Salads:

Chef Salad
Pasta Salad

Other:

Yogurt Plate
Lunchables
Chicken Soup

Grab & Go Line

Hamburger
Sliders
Chicken Burger
Hot Ckn Burger
Hot Dog
Pizza
Corn Dog
Sausage Wrap



LUNCH MENU

January-May 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<u>Chicken Nuggets</u> <u>Ckn Fried Steak</u> Mashed Potatoes Corn on the Cob Sliced Bread Assorted Fruit Milk Duo	<u>Beef Tacos</u> <u>Chicken Quesadilla</u> Lett/Tom/Cheese Pinto Beans Spanish Rice Assorted Fruit Milk Duo	<u>Pepperoni Pizza w/Hot Wings</u> Baked Fries Celery Sticks Baby Carrots Assorted Fruit Milk Duo	<u>Spaghetti w/Meat</u> <u>Beef Lasagna</u> Confetti Salad Sweet Peas Sautéed Mushrooms Garlic Breadstick Assorted Fruit Milk Duo	<u>Hot Dog</u> <u>Frito Pie</u> Tater Tots Golden Corn Shred. Cheese Assorted Fruit Milk Duo
2	<u>Salisbury Steak</u> <u>Popcorn Chicken</u> Baked Fries Green Beans Mac & Cheese Assorted Fruit Milk Duo	<u>Beef Enchiladas</u> <u>Chicken Tacos</u> Lett/Tom/Cheese Mixed Vegetables Pinto Beans Spanish Rice Assorted Fruit Milk Duo	<u>Chicken Alfredo</u> <u>Beef Ravioli</u> Confetti Salad Carrot Coins Sautéed Mushrooms Garlic Breadstick Assorted Fruit Milk Duo	<u>Cheese Burger</u> <u>Meatball Hoagie</u> Tater Tots Corn on the Cob Lettuce/Tom/Pickles Assorted Fruit Milk Duo	<u>Baked Chicken</u> <u>Riblet on a Bun</u> ½ Baked Potato Baby Carrots Broccoli Rice Sliced Bread Assorted Fruit Milk Duo
3	<u>Meat Loaf</u> <u>Steak Fingers</u> Mashed Potatoes Carrot Coins Sliced Bread Assorted Fruit Milk Duo	<u>Ckn/Beef Fajitas</u> <u>Tamales</u> Lett/Tom/Cheese Pinto Beans Spanish Rice/Tortilla Assorted Fruit Milk Duo	<u>Orange Chicken</u> <u>Beef w/Broccoli</u> Egg Roll Jap. Vegetables Fried Rice/Cookie Assorted Fruit Milk Duo	<u>Grilled Ckn Burger</u> <u>Cajun Ckn Pasta</u> Lettuce/Tom/Pickles Corn on the Cob Baked Chips/Toast Assorted Fruit Milk Duo	<u>Turkey w/Gravy</u> Mashed Potatoes Cinnamon Yams Buttered Squash Green Beans Buttered Roll Assorted Fruit Milk Duo
4	<u>Crispitos</u> <u>Philly Bkd Potato</u> Confetti Salad Carrot Coins Mac & Cheese Assorted Fruit Milk Duo	<u>Carne Guisada</u> <u>Beef Nachos</u> Lett/Tom/Cheese Pinto Beans Spanish Rice/Tortilla Assorted Fruit Milk Duo	<u>Chicken Strips</u> <u>Pizza Stick w/Sauce</u> Baked Fries Golden Corn Mixed Vegetables Sliced Bread Assorted Fruit Milk Duo	<u>Sausage Wrap</u> <u>BBQ on Bun</u> Ranch Beans Broccoli & Cheese ½ Sweet Potato Assorted Fruit Milk Duo	<u>Chicken Burger</u> <u>Corn Dog</u> Lett/Tom/Pickles Tater Tots Celery w/PB Assorted Fruit Milk Duo

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13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25
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