

# ★ Benavides Independent School District ★



## Mighty Eagle Cafe

### SCHOOL INFORMATION:

\*Menu subject to change upon availability!



## BREAKFAST MENU

January-July 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<u><b>Bkfst Pizza</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u><b>Pancakes</b></u> Asst. Cereal Cinnamon Toast Fruit Smoothie Fruit Juice Milk Duo	<u><b>Ham/Egg Tag.</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u><b>Sausage Roll</b></u> Asst. Cereal Cinnamon Toast Fruit Smoothie Fruit Juice Milk Duo	<u><b>Asst. Bkfst</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo
<b>2</b>	<u><b>Muffin Parade</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u><b>Pot/Egg Tag.</b></u> Asst. Cereal Cinnamon Toast Fruit Smoothie Fruit Juice Milk Duo	<u><b>Honey Bun</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u><b>Sausage Biscuit</b></u> Asst. Cereal Cinnamon Toast Fruit Smoothie Fruit Juice Milk Duo	<u><b>Cinn Roll</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo
<b>3</b>	<u><b>Ham &amp; Ch. Bar</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u><b>Waffles w/Syrup</b></u> Asst. Cereal Cinnamon Toast Fruit Smoothie Fruit Juice Milk Duo	<u><b>Saus/Egg Tag.</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u><b>Ham/Ch Croiss</b></u> Asst. Cereal Cinnamon Toast Fruit Smoothie Fruit Juice Milk Duo	<u><b>Asst. Bkfst</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo
<b>4</b>	<u><b>Cereal Bars</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u><b>Saus/Ch Croiss</b></u> Asst. Cereal Cinnamon Toast Fruit Smoothie Fruit Juice Milk Duo	<u><b>Pancake Wrap</b></u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u><b>Beef Tamales</b></u> Asst. Cereal Cinnamon Toast Fruit Smoothie Fruit Juice Milk Duo	<u><b>Eagle Donut</b></u> 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
- Non Fat Choc.



#### OTHER

- Fresh Fruit
- Fruit Smoothies

## ★ CALENDAR OF CYCLE MENU ★



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

S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

S	M	T	W	T	F	S
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23/30	24	25	26	27	28	29

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28	29	30	31			

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18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

Week 1 Meal Plan
Week 2 Meal Plan
Week 3 Meal Plan
Week 4 Meal Plan
No School/Holiday
Staff Day/Tutorials

**"This institution is an equal opportunity provider"**



**SCHOOL INFORMATION:**  
 \*Menu subject to change upon availability!  
 Entrees listed will be offered daily along with menu item!

## LUNCH MENU January-July 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<b>Chicken Nuggets</b> Mashed Pot. Golden Corn Buttered WG Roll Assorted Fruit Milk Duo	<b>Spaghetti w/Meat</b> Confetti Salad Sweet Peas WG Garlic Toast Assorted Fruit Milk Duo (Lasagna)	<b>Beef Nachos</b> Lett & Tomato Pinto Beans WG Spanish Rice Assorted Fruit Milk Duo (Beef Tamales)	<b>Corn Dog</b> Baby Carrots Green Beans WG Mac & Ch Assorted Fruit Milk Duo	<b>Ham/Ch w/Soup</b> Lett & Tomato Celery w/PB Baked Fries Assorted Fruit Milk Duo
2	<b>Sausage Wrap</b> Brocc w/Cheese Ranch Beans WG Flour Tortilla Assorted Fruit Milk Duo (BBQ on Bun)	<b>Salisbury Steak</b> Mashed Pot. Green Beans Baby Carrots WG Sliced Bread Assorted Fruit Milk Duo	<b>Beef Enchiladas</b> Mixed Veg. Pinto Beans WG Spanish Rice Assorted Fruit Milk Duo (Ckn Tacos)	<b>Chicken Spag.</b> Confetti Salad Carrot Coins Celery w/PB WG Garlic Toast Assorted Fruit Milk Duo	<b>Baked Ckn</b> Mashed Pot. Corn on the Cob WG Buttered Roll Assorted Fruit Milk Duo (Tky w/Gravy)
3	<b>Steak Fingers</b> Mashed Pot. Green Beans WG Sliced Bread Assorted Fruit Milk Duo (Ckn Fried Stk)	<b>Hot Dog</b> Chili & Cheese Tater Tots Baby Carrots Assorted Fruit Milk Duo (Frito Pie)	<b>Ckn Crisпитos.</b> Lettuce & Tomato Pinto Beans Spanish Rice Assorted Fruit Milk Duo (Beef Tacos)	<b>Chicken Burger</b> Lett/Tom/Pick Baked Fries Carrot Coins Assorted Fruit Milk Duo	<b>Baked Pasta</b> Confetti Salad Celery w/PB WG Garlic Toast Assorted Fruit Milk Duo (Beef Ravioli)
4	<b>Ckn Fried Rice</b> Egg Roll Japanese Veg. Fortune Cookie Assorted Fruit Milk Duo (General Chicken)	<b>Chicken Alfredo</b> Confetti Salad Cucumber Slices WG Garlic Toast Assorted Fruit Milk Duo	<b>Ckn Fajita Taq.</b> Lett/Tom/Cheese Pinto Beans WG Spanish Rice Assorted Fruit Milk Duo (Quesadilla)	<b>Riblet on a Bun</b> Baked Fries Brocc w/Ch. Baby Carrots Assorted Fruit Milk Duo	<b>Chicken Strips</b> Mashed Pot. Golden Corn Celery w/PB WG Buttered Roll Assorted Fruit Milk Duo

### OTHER DAILY SELECTIONS:

- ENTREES:**  
 Pizza  
 Hamburger  
 Sandwiches  
 Salads



- A La Carte:**  
 Hot Food  
 Ice Cream  
 Chips  
 Snacks  
 Beverages  
 Slushie

### BEVERAGES:

- Elem:**  
 100% Fruit Juice  
 Bottled Water
- Secondary:**  
 100% Fruit Juice  
 Bottled Water  
 Gatorade  
 Tea



## ★ CALENDAR OF CYCLE MENU ★

January 2017							February 2017							March 2017							April 2017							May 2017						
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	6	7				1	2	3	4				1	2	3	4							1				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
29	30	31					26	27	28					26	27	28	29	30	31		23/30	24	25	26	27	28	29	28	29	30	31			
June 2017							July 2017																											
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