

June 2018

Benavides Independent School District

BREAKFAST



School Information: Summer Breakfast Program
Time: 7:30-8:00
Monday-Thursday
May 28-June 28, 2018

Come Join Us!!



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"



Tuesday

Wednesday

Thursday

Friday



Sausage/Egg Taquito

4

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Apple Strudel

5

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Ham and Cheese Croissant

6

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Mini Pancakes w/Syrup

7

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo



8

Banana Nut Muffin

11

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Bean/Cheese Taquito

12

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Mini French Toast

13

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Breakfast Pizza

14

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo



15

Potato/Egg Taquito

18

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Honey Bun

19

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Assorted Cereal Bars

20

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Beef Tamales

21

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo



22

PB and Jelly Uncrustable

25

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Ham & Cheese Bar

26

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Mini Waffles w/Syrup

27

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo

Sausage Croissant

28

Assorted Cereal
Buttered Toast
Fruit/Fruit Juice
Milk Duo



29

June 2018

Benavides Independent School District

LUNCH



School Information: Summer Lunch Program
Time: 11-12:30 p.m.
Monday –Thursday
May 28-June 28, 2018

Come Join Us!



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.

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Monday

Tuesday

Wednesday

Thursday

Friday



1

Chili Cheese Hot Dog

Baked Fries
Carrot Coins
Fruit
Milk Duo

4

Chicken Alfredo

Confetti Salad w/Ranch
Sweet Peas
Fruit and Garlic Toast
Milk Duo

5

Chicken Fried Steak

Baked Potato
Green Beans
Fruit and Sliced Bread
Milk Duo

6

Beef Nachos

Lettuce and Tomato
Pinto Beans
Fruit and Spanish Rice
Milk Duo

7



8

Philly Baked Potato

Steamed Broccoli
Baby Carrots
Fruit and Mac/Cheese
Milk Duo

11

Orange Chicken w/Rice

Japanese Vegetables
Egg Roll
Fruit and Fortune Cookie
Milk Duo

12

Pepperoni Pizza

Confetti Salad w/Ranch
Sweet Peas
Fruit
Milk Duo

13

Beef Tacos

Lettuce/Tomato/Cheese
Pinto Beans
Fruit and Spanish Rice
Milk Duo

14



15

Hamburger w/Cheese

Baked Fries
Lettuce and Tomato
Fruit
Milk Duo

18

Spaghetti w/Meat Sauce

Green Beans
Carrot Coins
Fruit and Garlic Toast
Milk Duo

19

Salisbury Steak w/Gravy

Mashed Potatoes
Corn
Fruit and Sliced Bread
Milk Duo

20

Chicken Quesadilla

Lettuce and Tomato
Pinto Beans
Fruit and Spanish Rice
Milk Duo

21



22

Turkey w/Gravy

Mashed Potatoes
Corn on the Cob
Fruit and Sliced Bread
Milk Duo

25

Meatball Sub

Baby Carrots
Sweet Peas
Fruit and Baked Chips
Milk Duo

26

Beef Tamales

Pinto Beans
Mixed Vegetables
Fruit and Spanish Rice
Milk Duo

27

Ham and Cheese or PBJ

Lettuce and Tomato
Green Beans
Cucumber Slices
Fruit
Milk Duo

28



29