

# Benavides Independent School District



## Mighty Eagle Cafe

### SCHOOL INFORMATION:

\*Menu subject to change upon availability!



## BREAKFAST MENU August-December 2017

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

#### OTHER

- Fresh Fruit
- Fruit Smoothies



## Calendar of Cycle Menu

August 2017							September 2017							October 2017							November 2017							December 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					1	2	1	2	3	4	5	6	7				1	2	3	4						1	2	
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24/31	25	26	27	28	29	30

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

"This institution is an equal opportunity provider"

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Entrees listed will be offered with menu item.



### OTHER DAILY SELECTIONS

#### Entrees:

- Pizza
- Hamburger
- Sandwiches
- Salads
- Yogurt Combo

#### A La Carte:

- Hot Food
- Chips
- Cookies
- Snacks
- Slush

#### Beverages:

- Elem**
- 100% Fruit Juice \$1.00
- Bottled Water \$1.00
- Secondary**
- 100% Fruit Juice \$1.00
- Bottled Water \$1.00
- Gatorade \$2.00
- Tea \$2.00

## LUNCH MENU August-December 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Chicken Nuggets Mashed Potatoes Golden Corn Sliced Bread Assorted Fruit Milk Duo	Spaghetti w/Meat Confetti Salad Sweet Peas Garlic Toast Assorted Fruit Milk Duo (Lasagne)	Beef Tacos Lett/Tom/Cheese Pinto Beans Spanish Rice Assorted Fruit Milk Duo (Beef Nachos)	Corn Dog Baby Carrots Green Beans Mac & Cheese Assorted Fruit Milk Duo	Ham/Ch w/Soup Lettuce & Tomato Celery w/PB Baked Fries Assorted Fruit Milk Duo (Pepp. Calzone)
<b>2</b>	Sausage Wrap Brocc w/Cheese Ranch Beans Flour Tortilla Assorted Fruit Milk Duo (BBQ on Bun)	Salisbury Steak Mashed Potatoes Green Beans Sliced Bread Assorted Fruit Milk Duo	Beef Enchiladas Mixed Vegetables Pinto Beans Spanish Rice Assorted Fruit Milk Duo (Crispitas)	Chicken Alfredo Confetti Salad Carrot Coins Garlic Toast Assorted Fruit Milk Duo	Baked Chicken ½ Baked Potato Corn on the Cob Sliced Bread Assorted Fruit Milk Duo (Skd Frd Ckn)
<b>3</b>	Steak Fingers Mashed Potatoes Green Beans Sliced Bread Assorted Fruit Milk Duo (Ckn Frd Steak)	Hot Dog Chili & Cheese Tater Tots Baby Carrots Assorted Fruit Milk Duo (Frito Pie)	Beef Tamales Pinto Beans Mixed Vegetables Spanish Rice Assorted Fruit Milk Duo (Ckn. Tacos)	Chicken Burger Lett/Tom/Pick Swt Pot Fries Sweet Peas Assorted Fruit Milk Duo (Pizza Burger)	Baked Pasta Confetti Salad Cucumber Slices Garlic Toast Assorted Fruit Milk Duo (Ravioli)
<b>4</b>	Sesame Chicken Egg Roll Japanese Veg. Fried Rice Fortune Cookie Assorted Fruit Milk Duo	Popcorn Ckn Bowl Mashed Potatoes Golden Corn Mac & Cheese Assorted Fruit Milk Duo (Chicken Strips)	Ckn Fajita Taq. Lett/Tom/Cheese Pinto Beans Spanish Rice Assorted Fruit Milk Duo (Quesadilla)	Riblet on a Bun Baked Fries Brocc w/ Cheese Baby Carrots Assorted Fruit Milk Duo (Ckn Tetrizzini)	Pizza Roll Up Confetti Salad Celery w/PB Peas & Carrots Assorted Fruit Milk Duo (Chili Bkd Potato)

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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	3	4	5	6	7				1	2	3	4							1	2
7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	
14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	
21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	
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