

Benavides Independent School District



Mighty Eagle Cafe

SCHOOL INFORMATION:

*Menu subject to change upon availability!



BREAKFAST MENU

January-May 2018

| | 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 | Sausage Roll Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo | Honey Bun Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo | Potato/Egg Taco Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo |
| 2 | Saus/Egg Taco Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo | Assorted Muffins Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo | Ham/Ch Croissant 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 | Ham/Egg Taco Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo | Mini Waffles Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo | Sausage 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 2018 | | | | | | | February 2018 | | | | | | | March 2018 | | | | | | | April 2018 | | | | | | | May 2018 | | | | | | |
|--------------|----|----|----|----|----|----|---------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|------------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| 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 | | | | | 1 | 2 | 3 | | | | | 1 | 2 | 3 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | 1 | 2 | 3 | 4 | 5 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 28 | 29 | 30 | 31 | | | | 25 | 26 | 27 | 28 | | | | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 29 | 30 | | | | | | 27 | 28 | 29 | 30 | 31 | | |

■ 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"



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



LUNCH MENU January-May 2018

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|---|
| 1 | Chicken Nuggets Mashed Potatoes Golden Corn Sliced Bread Assorted Fruit Milk Duo | Sesame Chicken Egg Roll Japanese Veg. Fried Rice Fortune Cookie Assorted Fruit Milk Duo | 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) |
| 2 | 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 (Crispitos) | 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) |
| 3 | 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) |
| 4 | Spaghetti w/Meat Confetti Salad Mixed Veg. Garlic Toast Assorted Fruit Milk Duo | Ckn Fajita Taq. Lett/Tom/Cheese Pinto Beans Spanish Rice Assorted Fruit Milk Duo | Chicken Strips Mashed Potatoes Golden Corn Sliced Bread Assorted Fruit Milk Duo | Riblet on a Bun Baked Fries Stmd Broccoli Baby Carrots Assorted Fruit Milk Duo | Pepperoni Pizza Confetti Salad Celery Sticks Peas & Carrots Assorted Fruit Milk Duo |

- 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
 \$1.50
 Tea
 \$2.00

Calendar of Cycle Menu



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

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