

★ Benavides Independent School District ★



Mighty Eagle Cafe

SCHOOL INFORMATION:

*Menu subject to change upon availability!



BREAKFAST MENU August-December 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<u>Saus. Biscuit</u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u>Pancake Wrap</u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo	<u>Ham/Egg Taco</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>Sausage Roll</u> Asst. Cereal Buttered Toast Assorted Fruit Fruit Juice Milk Duo
2	<u>Saus Croissant</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>Potato/Egg Taco</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
3	<u>Saus/Egg Taco</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>Ham/Ch 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
4	<u>Breakfast Pizza</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 on a Bun</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% Strawberry
- Non Fat Choc.



OTHER

- Fresh Fruit
- Fruit Smoothies



Calendar of Cycle Menu



August 2019							September 2019							October 2019							November 2019							December 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	1	2	3	4	5	6	7			1	2	3	4	5						1	2	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30	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"

