




Benton Central Lunch Menu

SALAD BAR DAILY Line -3

This institution is an equal opportunity provider.				
Lunches \$2.50 Daily		\$12.50 weekly		
Menu Subject to Change				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage Gravy/Biscuit OR Hamburger/WG Bun Potato Wedges Assorted Fruits & Vegetables Milk	2 Pepperoni Pizza Or Spicy Chicken Tender/Wrap Corn Assorted Fruits & Vegetables Milk	3 Mostaccioli/Texas Toast Or Ham & Cheese/WG Bun Salad Greens Green Beans Assorted Fruits & Vegetables Milk	4 Toasted Cheese Sandwich Or Cook's Choice Tomato Soup Assorted Fruits & Vegetables Milk
7 Chicken Nuggets Or Ravioli Breadstick Salad Greens Assorted Fruits & Vegetables Milk	8 Texas Straw Hat Bread & Margarine Or Chicken Salad /WG Bun Black Beans Assorted Fruits & Vegetables Milk	9 Chicken Patty/WG Bun Or Sloppy Joe/WG Bun Carrot Coins Fruit Crisp Assorted Fruits & Vegetables Milk	10 Turkey & Noodles Dinner Roll Or Deli Sub/WG Bun Mashed Potatoes Assorted Fruits & Vegetables Milk	11 Shrimp Poppers/Cheese Stick Or Pizza Sticks/Marinara Sauce Broccoli & Cheese Assorted Fruits & Vegetables Milk
14 Sausage Pizza Or Fish Nugget Wrap Carrot Coins Assorted Fruits & Vegetables Milk	15 Chili/Crackers or Grilled Chicken/WG Bun Veggie Sticks Salad Greens Harvest Cake Assorted Fruits & Vegetables Milk	16 Calzones Or Turkey & Cheese/ WG Bun Black Beans Assorted Fruits & Vegetables Milk	17 Oven Fried Chicken Or Beef Stew/Cheese Stick Biscuit Mashed Potatoes Assorted Fruits & Vegetables Milk	Fall Break 
21 Fall Break 	22 Fall Break 	23 Cheeseburger/WG Bun Or Hot Dog/WG Bun Oven Fries Assorted Fruits & Vegetables Milk	24 Chicken Alfredo/Breadstick Or Country Fried Steak/WG Bun Steamed Broccoli Assorted Fruits & Vegetables Milk	25 Cheese Pizza Or BBQ Rib/WG Bun Carrot Coins Peas Assorted Fruits & Vegetables Milk
28 Macaroni & Cheese/Muffin Or Meatball Sub/WG Bun Green Beans Assorted Fruits & Vegetables Milk	29 Spaghetti/ Texas Toast Or Corn dog Salad Greens Assorted Fruits & Vegetables Milk	30 Chicken Fajita/Wrap Or Pizza Burger/WG Bun Black Beans Fruit Crisp Assorted Fruits & Vegetables Milk	31 Salisbury Steak/Dinner Roll Or Turkey & Cheese /WG Bun Mashed Potatoes Assorted Fruits & Vegetables Milk	11-1 Bosco Sticks/Pizza Sauce Or BBQ Chicken/WG Bun Carrot Coins Assorted Fruits & Vegetables Milk

Daily Lunch Components: Grain, Meat/Meat Alternate, Fruit, Vegetable & Milk

OVS: Select at least 3 of the 5 items, must include ½ cup fruit or vegetable to count as reimbursable meal.

***All bread items are whole grain ***

October 2019