

Benton Central Lunch Menu

SALAD BAR DAILY Line -3

CHEF SALAD AVAILABLE

This institution is an equal opportunity provider.

Lunches \$2.50 Daily

\$12.50 Weekly

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Chicken Nuggets Or Ravioli Breadstick Baked Beans Assorted Fruits & Vegetables Milk	4 Chicken Patty/WG Bun Or Sloppy Joe/WG Bun Carrot Coins Fruit Crisp Assorted Fruits & Vegetables Milk	5 Turkey & Noodles Dinner Roll Or Deli Sub/WG Bun Mashed Potatoes Assorted Fruits & Vegetables Milk	6 Shrimp Poppers/Cheese Stick Or Pizza Sticks/Marinara Sauce Broccoli & Cheese Assorted Fruits & Vegetables Milk
9 Sausage Pizza Or Fish Nugget Wrap Corn Assorted Fruits & Vegetables Milk	10 Oven Fried Chicken Or Beef Stew/Cheese Stick Biscuit Potato Wedges Assorted Fruits & Vegetables Milk	11 Calzones/Bar Cookie Or Beef Burrito/Bar Cookie Black Beans Assorted Fruits & Vegetables Milk	12 Lasagna Roll Up/Breadstick or Grilled Chicken/WG Bun Salad Greens Assorted Fruits & Vegetables Milk	13 Quesadilla Or BBQ Pork/WG Bun Refried Beans Assorted Fruits & Vegetables Milk
16 Chicken Tender Wrap Or Fish & Cheese /WG Bun Sweet Potatoes Assorted Fruits & Vegetables Milk	17 Texas Straw Hat Bread & Margarine Or Turkey & Cheese/WG Bun Refried Beans Assorted Fruits & Vegetables Milk	18 Cheeseburger/WG Bun Or Hot Dog/WG Bun Oven Fries Assorted Fruits & Vegetables Milk Hot dog bar ~ Line 2	19 Chicken Alfredo/Breadstick Or Country Fried Steak/WG Bun Steamed Broccoli Assorted Fruits & Vegetables Milk	20 Cheese Pizza Or BBQ Rib/WG Bun Peas Assorted Fruits & Vegetables Milk
23 Macaroni & Cheese/Muffin Or Meatball Sub/WG Bun Green Beans Assorted Fruits & Vegetables Milk	24 Spaghetti/ Texas Toast Or Corn dog Salad Greens Assorted Fruits & Vegetables Milk	25 Chicken Fajita/Wrap Or Pizza Burger/WG Bun Black Beans Fruit Crisp Assorted Fruits & Vegetables Milk	26 Salisbury Steak/Dinner Roll Or Turkey /WG Bun Mashed Potatoes Assorted Fruits & Vegetables Milk	27 Bosco Sticks Marinara Sauce Or BBQ Chicken/WG Bun Tomatoes Carrot Coins Assorted Fruits & Vegetables Milk
30 Mini Corn dogs Or Tenderloin/WG Bun Baked Beans Assorted Fruits & Vegetables Milk	10-1 Sausage Gravy/Biscuit OR Hamburger/WG Bun Potato Wedges Assorted Fruits & Vegetables Milk	10-2 Pepperoni Pizza Or Spicy Chicken/Wrap Corn Assorted Fruits & Vegetables Milk	10-3 Mostaccioli/Texas Toast Or Ham & Cheese/WG Bun Salad Greens Green Beans Assorted Fruits & Vegetables Milk	10-4 Toasted Cheese Sandwich Or Cook's Choice Tomato Soup 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 a reimbursable meal.

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

September 2019