

Benavides ISD Breakfast/Lunch Menu

Go Eagles !!

SEPT

MENU 2023

STATE FAIR DALLAS



Assorted Cereal
w/Graham Crackers
offered daily!
Yogurt!
Served with Every Meal.
Fruit Juice
White Milk
Chocolate Milk
Bottle Water
2nd Choice Meals
Offered Daily
Ham/Cheese Sandwich
Peanut Butter Jelly
Sandwich
Menu Subject to change
upon
Availability!

FRIDAY

Potato Egg/Cheese Taco
Cheese/Hamburger
Chili Cheese Fries
Lettuce/tomato/pickles
Baby Carrots/ranch
Sour Apple Sauce
Gold Fish Crackers

Potato Egg Taco
Turkey/Cheese Hoagie
Baked Harvest Sun Chips
Mixed vegetables
Cucumbers/Cherry
Tomato w/ranch
Cherry Apple Slush
Sidekick

Chorizo/Egg/Cheese Taco
Pepperoni Pizza
Chicken Cheese Crisпитos
Tater Tots w/ketchup
Green Beans/Corn
Vanilla Cupcake
HAPPY DOT DAY !!!

Potato & Egg Taco
Chili/Cheese Fries
Frito Pie
Macaroni & Cheese
Steamed Broccoli
Ranch Style Beans
Strawberry Lemon Slush
Sidekick

Bean & Bacon Taco
Cheese /Ham Burger
Lettuce/tomato/pickles
Chili Cheese Fries
Celery Stick/Peanut Butter
Cherry Apple Slush
Sidekick

Beef Tamales/ketchup
Chicken Alfredo
Garlic Breadstick
Smoked Ham/Cheese
Hoagie
Lettuce/Tomato Salad
Sweet Peas/Diced Carrots
Blueberry Applesauce

Sweet Honey Bun
Chopped Brisket Baked
Potato/ Sandwich
/Pickle Spears
Ranch Style Beans
Baby Carrots/Ranch
Baked Chips
Strawberry Applesauce

Eagle Glazed Donut
Corn Dogs Mustard /Ketchup
Hot Dogs Chili Cheese
Crinkle Cut Fries
Steamed Carrot Coins
Sweet Peas
Cookie
Mandarin Oranges

Blueberry Muffin
Meatball Sub w/Marina Sauce
Turkey/Cheese Croissant
Lettuce/tomato/pickles
Potato Tater Tots
Green Beans
Gallery Sticks/Peanut Butter
Cherry Lemon Slush Sidekick

Mini Waffles/Syrup/Sausage
Popcorns Chicken
w Country Gravy
Turkey Corn Dog
Mashed Potatoes
Butter Corn
Hot Dinner Roll
Blueberry Applesauce
Ice Cream Vanilla Cup

Frosted Strawberry Pop Tart
Chicken Nuggets w/ BBQ Sauce
Sweet Sour Orange Chicken
Chicken Veggie Egg roll
Baby Carrots w/ranch
Oriental Veggies
Fortune Cookie
Rosy Red Applesauce

Sausage/Cheese Biscuit
Chicken Strips/ Steak Strips
Country Cream Gravy/
Hot Dinner Roll
Waffle Fires w/ketchup
Butter Corn/Green Beans
Purple Seedless Grapes/Cookies

Sausage Biscuit/Grape Jelly
Chicken Alfredo
Garlic Breadstick
Spicy Chicken Burger
Pickle Spears
lettuce/Tomato Salad
Sweet Peas / Diced Carrots
Blueberry Applesauce

Ham/Cheese Bar/ 1/2 toast
Crispy Beef Tacos
Bean/Beef Chalupas
Lettuce/tomato/cheese
Spanish Rice
Pinto Beans
Diced Peaches
Vanilla Pudding/Bananas

Sausage Morning Roll
Beef Nacho Deluxe
Bean/Cheese Burrito
Corn Tortilla Chips
Diced Lettuce/Tomato
Pinto Beans/Spanish Rice
Juicy Watermelon Slice

Sweet Honey Bun
Chicken Fajita Taco
Smoked Sausage Wrap
Macaroni & Cheese
Steamed Broccoli
Ranch Style Beans
Strawberry Lemon Slush Sidekick

Ham/Cheese Bar /toast bread
Beef/Cheese Enchiladas
Bean/Beef Chalupas
Diced Lettuce/Tomato/cheese
Pinto Beans
Spanish Rice
Watermelon Slice
Scooby Doo Snacks

No School
LABOR
DAY!

Pancake on a Stick w/syrup
Crispy Chicken Burger
Chicken Strips/ country gravy
Lettuce/tomato/pickles
Crinkle Cut Fries/Ketchup
Baby Carrots/Ranch
Sliced Peaches

Blueberry Waffles/Syrup
Salisbury Steak/Brown Gravy
Popcorn Chicken
Mashed Potatoes
Butter Corn/Green Beans
Dinner Roll
Red Apple Slices

Breakfast Sausage Pizza
Chicken Fried Steak/Cream
Gravy/Chicken Strips
Mashed Potatoes
Butter Corn/Green Beans
Hot Dinner Roll
Fresh Orange Slices



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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www.SquareMeals.org