

October 2024 |

Benavides ISD Breakfast/Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

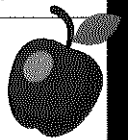
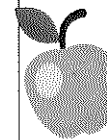
	1 Sausage cheese kolache Beef /Cheese Enchiladas Lettuce/Tomato/Salsa Spanish Rice/Charro Beans Grapes	2 Ham & Cheese Bar /Toast Chicken Alferdo Seasoned Green Beans Garlic Breadstick Garden Salad w/ Ranch Mandarin Oranges	3 Mini Pancakes w/syrup Chicken Cheese Crsptios Mac & Cheese Green Beans Mixed Vegetables Sliced Apple Slices	4 Sausage Biscuit/Grape Jelly Bacon Hamburger/Cheeseburger Lettuce/tomato/pickles French Fries Fresh Oranges/ Applesauce
7 Honey Bun Fish Sticks/Corn Dogs Mashed Potatoes Green Beans Strawberry Cup	8 Beef Tamales Chicken Fajita Taco /Quesadillas Lettuce/tomato/cheese Spanish Rice Refried Beans Diced Pears	9 Ham & Cheese Croissant Spaghetti w/ Meat Sause Garlic Breadstick/Green Beans Garden Salad w/ Ranch Fruit Mix	10 Banana Muffin Orange Chicken/Chicken Nuggets Carrot Coins Vegetable Fried Rice Egg Roll/ Green Beans Fortune Cookie	11 Potato Bacon Taco Chili Cheese Hot Dog Tater Tots w/ ketchup Green Beans Fruit Mix
14 Sausage Corn Dog Salisbury Steak Mashed Potatoes Sweet Corn/Green Beans Dinner Roll Fresh Apples	15 Strawberry cheese bagel Beef Nacho Deluxe Lettuce/Tomato/Salsa Spanish Rice/Charro Beans Grapes	16 Blueberry Muffins Chopped Brisket Burger Baked Chips Shredded Cheese/Pickle Slices Sweet Peas/Diced Carrots	17 Breakfast Pizza Turkey Con Dog Mac & Cheese Green Beans Mixed Vegetables Sliced Apple Slices	18 Chorizo Egg Taco Pepperoni Square Pizza Baked Chips Garden Salad w/ranch Mixed Veggies Orange Side Kick Slush
21 French Toast Sticks Chicken Tenders Country Gravy Mashed Potatoes Sweet Corn/Green Beans Dinner Roll Pineapple Slices	22 Glazed Donut Beef/Chicken Tacos Lettuce/Tomato/Salsa/Cheese Spanish Rice/Charro Beans Grapes	23 Bean cheese burrito Lasagna / Meat Sause Garlic Breadstick/Green Beans Garden Salad w/ Ranch Fruit Mix Fresh Apples	24 Sausage Cheese kolache Chicken Alferdo Seasoned Green Beans Garlic Breadstick Garden Salad w/ Ranch Mandarin Oranges	25 Honey Bun Hamburger/Cheeseburger Lettuce/tomato/pickles French Fries Fresh Oranges/ Applesauce
28 Pancake on a Stick Beef Steak Fingers Mashed Potatoes Butter Corn/Hot Roll Fruit Mix	29 Breakfast Pizza Beef Nacho Deluxe Lettuce/Tomato/Salsa Spanish Rice/Charro Beans Beans Grapes	30 Sausage Biscuit Turkey Con Dog Mac & Cheese Green Beans Mixed Vegetables Sliced Apple Slices	31 French Toast Sticks w/syrup Orange Chicken /Chicken Nuggets Vegetable Fried Rice & Egg Roll Fortune Cookie Tomato/Cucumber Salad Mandarin Oranges	

Announcements:

- Assorted Cereal
- Graham Crackers
- Yogurt
- Served with Every Meal
- Fruit Orange/Apple Juice
- White Milk
- Chocolate Milk
- Strawberry Milk
- Iced Water/ Bottle Water
- 2nd Choice Meals Served Daily
- Ham Cheese Sandwich
- Peanut Butter Sandwich
- Baby Carrots w/ranch
- Menu Subject to Change upon Availability!
- Go Eagles!



Apples



Season in Texas: July-November
Did you know?
There are about 2,500 different kinds of apples grown in the United States



Food and Nutrition Division
www.SquareMeals.org

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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National School Lunch Program