

Ben Hill Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pancake Wrap Fruit, Juice	4 Chicken Biscuit Fruit, Juice	5 Super Donut Fruit, Juice	6 Mini Waffles Fruit, Juice	7 Waffle Bowl Breakfast Fruit, Juice
Meatloaf Mashed Potatoes Peas & Carrots WG Yeast Roll Fruit, Juice	Chicken Fajita Yellow Rice Broccoli w/Cheese WG Breadstick Fruit, Juice	Hotdog w/Bun Potato Wedges Cole Slaw Baked Beans Carrot w/ dip Fruit, Juice	Chicken Nuggets Au Gratin Potatoes Green Beans WG Yeast Roll Fruit, Juice	Stuffed Crust Pizza Romaine Salad/Dressing Mexican Style Corn Pickle Spears Fruit, Juice
10 Breakfast Pizza Fruit, Juice	11 Sausage Biscuit Fruit, Juice	12 Honey Bun Fruit, Juice	13 French Toast Sticks Fruit, Juice	14 Ham & Cheese Croissant Fruit, Juice
Spaghetti w/ Meat Sauce Romaine Salad/Dressing Whole Kernel Corn Garlic Toast Fruit, Juice	Soft Shell Taco L/C Mexican Rice Pinto Beans Pico De Gallo Fruit, Juice	Chicken Noodle Soup Grilled Cheese Ranch Roasted Broccoli Pickle Spears Fruit, Juice	Chicken Tenders Mac & Cheese Green Beans WG Yeast Roll Fruit, Juice	Pizza(4x6) Waffle Fries Glazed Carrot Pickle Spears Fruit, Juice
17 Winter Break	18 Winter Break	19 Winter Break	20 Winter Break	21 Winter Break
No School for Students and Staff	No School for Students and Staff	No School for Students and Staff	No School for Students and Staff	No School for Students and Staff
24 Pancake Wrap Fruit, Juice	25 Sausage Biscuit Fruit, Juice	26 Super Donut Fruit, Juice	27 Mini Pancakes Fruit, Juice	28 Muffin/Yogurt Fruit, Juice
Double Cheeseburger Sweet Potato Fries Sweet Peas Pickle Spears Fruit, Juice	Nacho w/Chips L/C Mexican Rice Pinto Beans Pico De Gallo Fruit, Juice	BBQ Sandwich Crinkle French Fries Baked Beans Pickle Spears Fruit, Juice	Chicken & Rice Turnip Greens Yam Patties Cornbread muffin Fruit, Juice	BRUNCH FOR LUNCH Chicken & Waffles Scrambled Eggs Tator Tots Fruit, Veg Juice

Choice of Milk
and Water Daily.

Breakfast Daily
Choice

Choice of Cereal
or Grab & Go Sack
On Serving Line

**This institution is an Equal Opportunity
Provider.**

