






# January 2018 Bennet



Monday	Tuesday	Wednesday	Thursday	Friday
1 No School 	2 Soft Bread Sticks Meat Sauce Caesar Salad Choice of Fruit	3 Toasted Cheese Sandwich Tomato Soup Sweet Potato Fries Choice of Fruit	4 Popcorn Chicken Mashed Potato with Gravy Carrots Choice of Fruit	5 Pizza Round <i>Cheese or Pepperoni</i> Crispy Roasted Chickpeas Choice of Fruit
Daily Alternates: Tuna Sandwich, Bagel Plate, Chef Salad, Pretzel & Cheese Sauce, Rib-B-Que on a Roll				
8 Chicken Nuggets Seasoned Noodles Carrots Choice of Fruit	9 Pasta & Meatballs Roasted Zucchini Choice of Fruit	10 Breaded Chicken Tenders Roasted Mini Golden Potatoes Broccoli Choice of Fruit	11 Beefburger, Cheeseburger or Veggie Burger on a Whole Wheat Roll Corn Baked Beans Choice of Fruit	12 Pizza Wedge <i>Cheese or Buffalo Chicken</i> Caesar Salad Choice of Fruit
Daily Alternates: Ham & Cheese Sandwich, Bagel Plate, Chef Salad, Pretzel & Cheese Sauce, WG Mini Quesadilla				
15 No School <i>I Have A Dream</i>  Martin Luther King, Jr. Day	16 No School	17  <i>Under the Sea</i> Fish Sticks Macaroni & Cheese Carrots Choice of Fruit	18 Nacho Supreme with Toppings Mexican Black Beans Choice of Fruit	19 Pizza Round <i>Cheese or Pepperoni</i> Garden Salad Choice of Fruit
Daily Alternates: Turkey Sandwich, Bagel Plate, Chef Salad, Pretzel & Cheese Sauce, Toasted Cheese Sandwich				
22 Corn Dog Nuggets Oven Roasted Fries Baked Beans Choice of Fruit	23 Popcorn Chicken Mashed Potato with Gravy Carrots Choice of Fruit	24 Soft Shell Taco with Toppings Refried Beans Choice of Fruit	25 Chicken Nuggets Brown Rice Steamed Green Beans Choice of Fruit	26 Pizza Wedge <i>Cheese or Buffalo Chicken</i> Garden Salad Choice of Fruit
Daily Alternates: Tuna Sandwich, Bagel Plate, Chef Salad, Pretzel & Cheese Sauce, Lasagna				
29 Chicken Nuggets Cheesy Rice & Broccoli Carrots Choice of Fruit	30 Maple Glazed Pancakes Potato Puffs Sausage Links Choice of Fruit	31 Chicken Patty on a Whole Wheat Roll Green Beans Choice of Fruit	Fruit Choices Include a variety of fresh, canned & 100% fruit juice	Milk is available with all meals Daily Milk Choices 1% Skim, & Fat Free Flavored
Daily Alternates: Ham & Cheese Sandwich, Bagel Plate, Chef Salad, Pretzel & Cheese Sauce, Fish Sandwich				

This Institution is an equal opportunity provider.

Menu subject to change

Please log on to [www.ezschoolpay.com](http://www.ezschoolpay.com) to monitor your child's account or call 860-647-3462

Student Lunch Price: \$2.50 - Reduced Lunch Price: \$.40

Adult Lunch Price: \$3.75

Student Breakfast: \$1.00 - Reduced Breakfast: \$.30

Milk Only: \$.40

Remember to fill out your  
**Free & Reduced Price Meal Application**  
 Apply on line @ [www.ezmealapp.com](http://www.ezmealapp.com)  
 If you need a paper copy please pick one up at  
 your child's school!!

Breakfast is offered daily at all schools throughout the district. Please visit: [www.mpspride.org](http://www.mpspride.org)

