

Benjamin ISD Menu

Breakfast

Lunch

Monday, January 14, 2019

Kolache
or Cereal

Cheese pizza

corn
served salad
with peaches

Milk

Yogurt
Fruit
Milk
Juice

Tuesday, January 15, 2019

Cheese Omelet
or Cereal

Frito pie

beans
served salad
with mixed fruit

Milk

Yogurt
Fruit
Milk
Juice

Wednesday, January 16, 2019

Waffles & sausage
or Cereal

Chicken nuggets

mashed potatoes
served salad
with

Milk

Yogurt
Fruit
Milk
Juice

Thursday, January 17, 2019

Breakfast pizza
or Cereal

Hot dog

mixed vegetables
served salad
with pears

Milk

Yogurt
Fruit
Milk
Juice

Friday, January 18, 2019

No School - Teacher Workday