Menus

School: Benton Consolidated High School District 103 **Academic Year:** 2026-27
Meal: All
Month: October 2026

October				
M	**Tu**	**W**	**Th**	**F**
28 **Breakfast:** Bacon & Egg Pizza Choice of Poptart Fruit Cup Juice Milk **Lunch:** Chicken Quesadilla Corn Dog Fiesta Beef Sandwich Refried Beans Salsa Peaches Pineapple Fresh Fruit Churro Milk	29 **Breakfast:** Pancake Sausage Sandwich Choice of Cereal Fresh Fruit Juice Milk **Lunch:** Lasagna Garlic Breadsticks Italian Pull Apart Chicken Wrap Spinach Salad Green Beans Marinara Sauce Pears Applesauce Fresh Fruit Sugar Cookie Milk	30 **Breakfast:** Chicken Biscuit Cinni Minis Fruit Cup Juice Milk **Lunch:** Choice of Chicken Sandwich Ham & Turkey Sandwich Potato Smiles Mixed Vegetables Tropical Fruit Fresh Fruit Milk	1 **Breakfast:** Choice of Muffin Cinni Filled Bar Banana Muffin Hard Boiled Egg Yogurt String Cheese Fruit Cup Juice Milk **Lunch:** Harvest Beef Patty Cheesy Meatloaf Sandwich Turkey & Cheese Sandwich Mashed Potatoes Gravy Carrots Mixed Fruit Pears Fresh Fruit Candy Cookie Milk	2 **Breakfast:** Breakfast Burrito Choice of Donut Fruit Cup Juice Milk **Lunch:** Choice of Pizza Fish Sandwich Salad w/ Dressing Corn Marinara Sauce Peaches Fresh Fruit Vanilla Pudding Milk
5 **Breakfast:** Breakfast Pizza Choice of Pop Tart Pineapple Juice Milk **Lunch:** Rib Patty Sandwich Grilled Chicken Sandwich Chef Salad Potato Smiles	6 **Breakfast:** French Toast Choice of Cereal Hard Boiled Egg Yogurt Fruit Juice Milk **Lunch:** Beef Nacho Grande Southwest Pull Apart Ham & Turkey Sandwich Refried Beans Lettuce Tomato Salsa Pears Mixed Fruit Milk	7 **Breakfast:** Scrambled Egg Breakfast Cinni Minis Mini Bagels Fruit Cup Juice Milk **Lunch:** Bosco Cheese Stick Pizza Bosco Chicken Wrap Green Beans Spinach Salad Marinara Sauce Applesauce Mandarin Oranges Fruit Milk	8 **Breakfast:** Egg & Cheese Biscuit Choice of Frudel Fruit Cup Juice Milk **Lunch:** Chili Crackers String Cheese Corn Dog Chicken Bacon Wrap Carrots Celery Cornbread Peaches Fruit Milk	9 **Breakfast:** Biscuit & Gravy Donuts Fruit Cup Juice Milk **Lunch:** Choice of Pizza Fish Sandwich Salad w/ Dressing Corn Applesauce Mixed Berry Cup Ice Cream Fruit Milk
12	13	14	15	16
19 **Breakfast:** Tornado Omelet Bread Choice Pop Tarts Fruit Cup Juice Milk **Lunch:** Chicken Tenders Chef Salad Potatoes Mixed Vegetables Pineapple Pears Fruit Banana Bread Milk	20 **Breakfast:** Maple Waffles Cereal Hard Boiled Egg Yogurt Fresh Fruit Juice Milk **Lunch:** Chili Chips & Cheese Fiestada Beef Sandwich Italian Combo Tomato Lettuce Carrot & Celery Sticks Salsa Tropical Fruit Peaches Fruit Milk	21 **Breakfast:** Sausage Biscuit Banana Bread Fruit Cup Juice Milk **Lunch:** Bosco Sticks Pizza Bosco Chicken Wrao Green Beans Spinach salad Marinara Sauce Applesauce Mandarin Oranges Fruit Milk	22 **Breakfast:** Choice of Muffin Cinni bar Hard Boiled Egg Yogurt Cheese String Fruit Cup Juice Milk **Lunch:** Open Face Turkey Breaded Pork Chop Ham Sandwich Mashed Potatoes Broccoli Peaches Pears Fruit Cookie Milk	23 **Breakfast:** Sausage Egg Burrito Choice of Donuts Fruit Cup Juice Milk **Lunch:** French Bread Fish Sandwich Salad Corn Marinara Sauce Mixed Fruit Fruit Milk

26	27	28	29	30
Breakfast: Sausage Egg Bagel Bagel Choice of Pop Tarts Fruit Cup Juice Milk **Lunch:** Rib Patty Sandwich Grilled Chicken Sandwich Chef Salad Potato Smiles Green Beans Applesauce Pears Fruit Blueberry Bread Milk Milk	**Breakfast:** Pancake & Sausage Choice of Cereal Fruit Juice Milk **Lunch:** General Tsp Chicken Vegetable Fried Rice Corn Dog Ham Wrap Egg Roll Mixed Fruit Mandarin Oranges Pineapple Fruit Fortune Cookie Milk Milk	**Breakfast:** Tater Tot Bowl Choice of Frudel Applesauce Juice Milk **Lunch:** Choice of Chicken Sandwich Italian Combo Tater Tots Baked Beans Lettuce Tomato Mixed Fruit Fruit Milk	**Breakfast:** Bacon & Egg Biscuit Choice of Round Fruit Cup Juice Milk **Lunch:** Spaghetti & Meat Sauce String Cheese Bread Itailan Pull Apart Turkey & Cheese Sandwich Peas Marinara Sauce Tropical Fruit Pears Fruit Milk	**Breakfast:** Biscuit & Gravy Donuts Fruit Cup Juice Milk **Lunch:** Chicken Quesadilla Hot Dog Fiestada Beef Sandwich Corn Salsa Peaches Fruit Churros Milk