

*The Benjamin
Preparatory School*

V=Vegetarian

**ALL SIDES ARE
INCLUDED IN
THE
VEGETARIAN
MEAL ENTRÉE**

Breakfast:

Monday- Blueberry
Bagel w/ Cream Cheese &
Fruit

Tuesday- Cereal Bar w/
Fruit

Wednesday-
Cinnamon Raisin bagel w/
Cream Cheese, Oranges

Thursday – Cheerios &
Seasonal Fruit

Friday- Pancakes &
Turkey Bacon w/ Fruit

Snacks:

MONDAY

AM: Graham Crackers &
Gogurt

PM (1): Pretzels &
Seasonal Fruit

PM (2): Oranges & Goldfish

TUESDAY

AM: Animal Crackers &
Cheese

PM (1): Seasonal Fruit &
Cereal Bar

PM (2): Veggie Straws &
Seasonal Fruit

WEDNESDAY

AM: Ms. Carla's Mix &
Seasonal Fruit

PM (1): Cheez-Itz &
Seasonal Fruit

PM (2): Animal Crackers &
Raisins

THURSDAY

AM: Graham Crackers &
Seasonal Fruit

PM (1): Pretzels &
Cucumbers

PM (2): Nutri Grain Bar &
Raisins

FRIDAY

AM: Ms. Carla's Mix &
Gogurt

PM (1): Wheat Thins &
Cheese

PM (2): Cereal Bar &
Seasonal Fruit



Benjamin Preparatory School JANUARY Menu 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 SCHOOL CLOSED	2 (V) Cheese Ravioli w/ Marinara Sauce Salad w/ Ranch Fruit	3 Turkey Sandwiches Veggie Dippers w/ranch Pretzels Fruit V=Veggie Chicken Nuggets
6 Chili w/ Ground Turkey and Beans Crackers Cole Slaw Fruit V=Bean Chili	7 Chicken Taquitos Corn & Black Beans Fruit V =Cheese Quesadilla	8 (V) Pasta & Marinara Sauce w/ parmesan Green Beans Fruit	9 Pizza Burgers Side Salad w/ Ranch Fruit V=Cheese Pizza Sliders	10 Turkey Wraps Cherry Tomatoes Cheez Its Fruit V=Veggie Wraps
13 Chicken Noodle Soup Crackers Side Salad w/ Ranch Fruit V=Veggie Noodle Soup	14 (V) Black Bean & Cheese Quesadillas Tortilla Chips w/ Salsa Fruit	15 French Toast Turkey Sausage Hash Browns Fruit V=French Toast, Yogurt & Hash Browns	16 Baked Chicken Rice Green Beans Fruit V=Veggie Chicken	17 Cheese Pizza Side Salad Ranch Fruit
20 Chicken Nuggets Green Beans Roll Fruit V=Veggie Nuggets	21 Twice Baked Mexican Potatoes Tortilla Chips w/ Salsa Fruit V=Veggie Potato	22 (V) Tomato Soup ½ Grilled Cheese Fruit	23 BBQ Chicken Steam Carrots Fruit V=Veggie Chicken	24 Cold Turkey Pepperoni Pasta Salad Cucumber Slices Fruit V=Pasta Salad
27 (V) Cheese Stuffed Breadsticks Marinara Sauce Mixed Veggie Fruit	28 Mexican Casserole Cilantro Lime Slaw Fruit V=Cheese Quesadillas	29 Swedish Meatballs & Rice Succotash Fruit V=Veggie Meatballs	30 Shepard's Pie Side Salad Ranch Dressing Fruit V=Veggie Pie	31 Chicken Salad w/ crackers Veggie Dippers w/ Ranch Fruit V=Chickpea Salad

Morning snack served with milk. Second snack served with apple juice. All other snacks served with water.