

APRIL

Beals Elementary Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Week # 29	2 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	3 ~Cereal & Toast~ Or: Flap stick Yogurt Fruit Juice	4 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	5 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	6 ~Cereal & Toast~ Yogurt Fruit Juice	7
8 Week # 30	9 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	10 ~Cereal & Toast~ Or: Flap stick Yogurt Fruit Juice	11 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	12 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	13 ~Cereal & Toast~ Yogurt Fruit Juice	14* All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
15	SPRING BREAK					21 * Flapstick: Sausage wrapped in pancake on a stick.
22 Week # 31	23 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	24 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	25 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	26 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	27 ~Cereal & Toast~ Yogurt Fruit Juice	28 * All Cereals: are Whole Grain
29 Week # 32	30 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice					
		Students have a choice of 1% white or fat free chocolate milk with lunch. Those bringing home lunches need to pay \$.30 for milk.		The State of Maine and the USDA is an equal opportunity provider & Employer.		2018