

# February

# Beals Elementary Breakfast Menu

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Week # 21				1 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	2 ~Cereal & Toast~ Yogurt Fruit Juice	3
4 Week # 22	5 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	6 ~Cereal & Toast~ Or: Flap stick Yogurt Fruit Juice	7 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	8 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	9 ~Cereal & Toast~ Yogurt Fruit Juice	10* <b>All Breads:</b> Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
11 Week # 23	12 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	13 ~Cereal & Toast~ Or: Flap stick Yogurt Fruit Juice	14 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	15 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	16 ~Cereal & Toast~ Yogurt Fruit Juice	17 <b>*Flapstick:</b> Sausage wrapped in pancake on a stick.
18	19	20	21	22	23	24 <b>* All Cereals:</b> are Whole Grain
WINTER BREAK						
25 Week # 24	26 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	27 ~Cereal & Toast~ Or: Flap stick Yogurt Fruit Juice	28 ~Cereal & Toast~ Or: Pancakes 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