

January

BES BREAKFAST MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK #17		1 Happy New Year	2 ~Cereal & Toast~ Or Pancakes Juice Yogurt	3 ~Cereal & Toast~ Or Breakfast Sandwich Juice Yogurt	4 ~Cereal & Toast~ Juice Yogurt	5 *All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
6 WEEK #18	7 ~Cereal & Toast~ Or French toast sticks Juice Yogurt	8 ~Cereal & Toast~ Or Flap stick Juice Yogurt	9 ~Cereal & Toast~ Or Pancakes Juice Yogurt	10 ~Cereal & Toast~ Or Breakfast Pizza Juice Yogurt	11 ~Cereal & Toast~ Or Bagel & Cream cheese Juice Yogurt	12
13 WEEK #19	14 ~Cereal & Toast~ Or French toast sticks Juice Yogurt	15 ~Cereal & Toast~ Or Flap Stick Juice Yogurt	16 ~Cereal & Toast~ Or Pancakes Juice Yogurt	17 ~Cereal & Toast~ Or Breakfast Sandwich Juice Yogurt	18 ~Cereal & Toast~ Juice Yogurt	19
20 WEEK #20	21 Martin Luther King Jr. Day No School	22 ~Cereal & Toast~ Or Flap Stick Juice Yogurt	23 ~Cereal & Toast~ Or Pancakes Juice Yogurt	24 ~Cereal & Toast~ Or Breakfast pizza Juice Yogurt	25 ~Cereal & Toast~ Or Bagel & cream cheese Juice Yogurt	26
27 WEEK #21	28 ~Cereal & Toast~ Or French toast sticks Juice Yogurt	29 ~Cereal & Toast~ Or Flap Stick Juice Yogurt	30 ~Cereal & Toast~ Or Pancakes Juice Yogurt	31 ~Cereal & Toast~ Or Breakfast Sandwich Juice Yogurt		
The state of Maine & the USDA is and equal opportunity provider & employer.	Students have a choice of white or chocolate milk or lactaid with lunch. Those bringing home lunches need to pay \$.30 for milk.					

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