

January

BES LUNCH MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK #17		1 Happy New Year	2 Deep dish Pizza Sweet Potato fries Peaches	3 Corn Chowder Biscuit Cheese stick Apple	4 Turkey Tetrizzini Bread stick Broccoli Fruit	5 *All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
6 WEEK #18	7 Hotdog/ bun Potato wedges Carrots & Ranch Peaches	8 Meatball sub Toss Salad Apple	9 Fish sticks Tater Tots WK Corn Fruit	10 Roast pork / Gravy Mashed Potato Green Beans Apple Sauce	11 PB & J Sandwich Popcorn Cheese stick Fruit	12
13 WEEK #19	14 Cheese Burger Macaroni & Cheese Green beans Pears	15 Chicken tenders Mashed potato Butternut Squash Peaches	16 Taco Salad Chips & Salsa Rice Apple sauce	17 Chicken Burger Carrots & ranch Pears Ice Cream	18 American Chopsuey Garlic Bread Wk Corn Apple	19
20 WEEK #20	21 Martin Luther King Jr. Day No School	22 Spaghetti/ meat sauce Toss Salad Bread stick Apple	23 Peanut butter & jelly Sandwich Salsa & Chips Cheese stick Peaches	24 Tomato Soup Toasted cheese Sandwich Crackers Fruit	25 Turkey & cheese sub BBQ Chips Carrots & ranch Apple	26 The state of Maine & the USDA is and equal opportunity provider & employer.
27 WEEK #21	28 Chicken tenders Butternut squash Bread stick Apple sauce	29 Ham Italian Chips Apple	30 Chicken Alfredo Broccoli Bread stick Fruit	31 Deep dish Pizza Carrots & Ranch Craisins	2019	