

# January 2023 – Beals Elementary School Breakfast and Lunch Menu

## Breakfast Menu: Cereal, Toast, Muffins, Yogurt, Fruit & Juice

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>WEEK #18</u>	2 <u>No School</u> Happy New Year 2023!	3 Chicken Burgers Potato Wedges Baked Beans Strawberries	4 Soft Tacos Rice Pineapple Chips/Salsa	5 Hot Dogs Chips Pickle Apple	6 Breakfast Sandwich Hash Brown Fruit / Yogurt	*All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals
<u>WEEK #19</u>	9 Pepperoni Pizza Veggies/Ranch Popcorn Apple	10 Sweet & Sour Chicken Rice Pineapple	11 Chop Suey Bread Stick Green Beans Fruit	12 Fish Sticks Potato Wedges Peas Apple Sauce	13 Pancakes Sausage Fruit/ Yogurt	Students have a choice of white, chocolate or lactaid milk with lunch. Those bringing lunch will need to pay .30
<u>WEEK #20</u>	16 <u>No School</u> Martin Luther King Jr. Day	17 Cheese Burger Potato Wedges Veggies/ Ranch Apple	18 Taco Salad Chips & Salsa Corn Fruit	19 Roast Turkey Mashed Potato Green Beans Pears	20 Meatball Sub Chips Veggies/ Ranch Fruit	The state of Maine & the USDA is an equal opportunity provider & employer
<u>WEEK #21</u>	23 Tomato Soup Toasted cheese Fruit cup	24 Chicken Alfredo Broccoli Bread stick Fruit	25 BBQ Pulled Pork Baked Beans Cucumbers Apple	26 Ham Italian Chips Cucumbers Fruit	27 <u>Early Release</u> 11:30 Bag Lunch	<b>Breakfast Served From 7:15-7:40</b>
<u>WEEK #22</u>	30 Turkey soup Toasted cheese Crackers, Apple	31 Spaghetti with Meat Sauce Bread Stick Toss Salad, & Fruit				<b>MENU IS SUBJECT TO CHANGE or SUBSTITUTIONS</b>