

## March 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 #25</u>		February 28 Oven BBQ Chicken Potato Wedges Green Beans Strawberries	1 Soft Tacos Rice Fruit Chips/Salsa	2 <u>Dr. Seuss Day</u> Green Eggs and Ham, Biscuit	3 Breakfast Sandwich Hash Brown Fruit / Yogurt	All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals
<u>WEEK #26</u>	6 Pepperoni Pizza Veggies/Ranch Popcorn Apple	7 BBQ Oven Chicken Broccoli Baked Beans Peaches	8 Ham & Cheese Sub Chips Veggies & Ranch Fruit	9 Fish Sticks Potato Wedges Peas Apple sauce	10 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 #27</u>	13 Chicken Burger Chips & Salsa Apple	14 Spaghetti with Meat Sauce Veggies/ Ranch Peaches Bread Stick	15 Tomato Soup Toasted Cheese Apple Sauce	16 Meatball Sub Veggies/ Ranch Chips Fruit	17 Hot Dogs Popcorn Fruit Ice Cream	The state of Maine & the USDA is an equal opportunity provider & employer
<u>WEEK #28</u>	20 Pepperoni Pizza Veggies/Ranch Chips Apple	21 Chop Suey Bread Stick Green Beans Peaches	22 Chicken Alfredo Carrots Fruit	23 Pulled Pork Sandwich Veggies/Ranch Chips Apple	24 Breakfast Sandwich Hash Brown Fruit/Yogurt	<b>MENU IS SUBJECT TO CHANGE</b>
<u>WEEK #29</u>	27 Cheeseburger Popcorn Apple	28 Oven BBQ chicken Potato Wedges Green Beans Strawberries	29 Soft Tacos Rice Chips/Salsa Fruit	30 Fish Sticks Green Beans Sweet Potato Fries Apple	31 <u>Early Release Day</u> Bag Lunch PB&J sandwich	<u>Breakfast Time</u> <b>7:15 - 7:40</b>