

# November 2022 – Beals Elementary School Breakfast and Lunch Menu

## **BREAKFAST: 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 #10</u>		1 Fish Sticks Tater Tots Green Beans Apple	2 Hot Dog on a Bun Veggies/Ranch Chips Pears	3 Meatball Sub Cheese Stick Popcorn Apple	4 French Toast Sticks Sausage Fruit/Yogurt	* All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals
<u>WEEK #11</u>	7 Peperoni Pizza Veggies/Ranch Chips Fruit	8 Chicken Burger Baked Beans Coleslaw Fruit Ice Cream	9 Turkey & Cheese Sub Chips Veggies/Ranch Fruit	10 <u>Early Release Day</u> PB & J Sandwich Popcorn Apple	11 <u>No School</u> Veterans Day	Students have a choice of white, chocolate or lactaid milk with lunch. Those bringing lunch will need to pay .30
<u>WEEK #12</u>	14 BBQ Pulled Pork Sandwich Veggies/Ranch Apple	15 Spaghetti/Meat Sauce Bread Stick Toss Salad Pears	16 Cheese Burger Tater Tots Baked Beans Peaches	17 Tuna Sandwich Chips/Pickle Apple Veggies/Ranch	18 Ham Italian Chips Apple	The state of Maine & the USDA is an equal opportunity provider & employer
<u>WEEK #13</u>	21 Tomato Soup Toasted Cheese Sandwich Veggies, Fruit	22 Turkey Dinner	23 <u>No School</u> Thanksgiving Break	24 Happy Thanksgiving! :)!)	25 <u>No School</u> Thanksgiving Break	<b>MENU IS SUBJECT TO CHANGE or SUBSTITUTIONS</b>
<u>WEEK #14</u>	28 Chop Suey Bread Stick Corn Fruit	29 Soft Tacos Rice Chips/Salsa Pineapple	30 Hot Dog, Baked Beans Peaches Popcorn			<b>Breakfast Served From 7:15-7:40</b>