

November 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>
			1 Chicken Alfredo Broccoli Bread Stick Fruit	2 Hot Dog Popcorn Baked beans Oranges	3 PB&J Sandwich Chips/Apple Cheese stick	* All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals
	6 Spaghetti with Meat Sauce Bread Stick Veggies/ Ranch Fruit	7 Pepperoni Pizza Tossed Salad Apple	8 Cheeseburger Tater Tots Veggies & Ranch Fruit	9 Meatball Sub Chips Cheese Stick Apple	10 <u>Veterans Day</u> No School	Students have a choice of white, chocolate or lactaid milk with lunch. Those bringing lunch will need to pay .30
	13 Chicken Burger Chips Veggie & Ranch Apple	14 Tomato Soup Toasted Cheese Fruit	15 Taco Salad Chips & Salsa Rice Peaches	16 Thanksgiving Dinner	17 Fish Chowder Roll Crackers Fruit	In accordance with Federal civil rights Law and USDA civil rights regulations and policies, this institution is
	20 American Chop Suey Bread stick Green Beans & Fruit	21 <u>Early Release</u> PB&J Sandwich Chips/ Apple Cheese Stick	22 <u>Thanksgiving</u> <u>Break</u> No School	23 Happy Thanksgiving	24 <u>Thanksgiving</u> <u>Break</u> No School	Prohibited from discrimination on the basis of race, color, national origin, sex,
	27 Chicken Tenders Tater Tots Corn Apple Sauce	28 Pepperoni Pizza Veggies & Ranch Fruit Ice Cream	29 Hot Dog Baked Beans Chips Apple	30 Pancakes Sausage Gogurt/ fruit	This institution is and equal opportunity provider.	Disability, age or reprisal or retaliation for prior rights activity.