

# October 2018

# BEALS ELEMENTARY SCHOOL - BREAKFAST MENU

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>WEEK #5</b>	1 ~Cereal & Toast~ Or French toast sticks Juice Yogurt	2 ~Cereal & Toast~ Or Flap Stick Juice Yogurt	3 ~Cereal & Toast~ Or Pancakes Juice Yogurt	4 ~Cereal & Toast~ Or Breakfast sandwich Juice Yogurt	5 ~Cereal & Toast~ Juice Yogurt	6 <b>*All Breads:</b> Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
<b>WEEK #6</b>	7	8 <b>Columbus Day</b>	9 <b>Teachers Workshop</b>	10 ~Cereal & Toast~ Or Pancakes Juice Yogurt	11 ~Cereal & Toast~ Or Breakfast Pizza Juice Yogurt	12 ~Cereal & Toast~ Or Bagel & Cream cheese Juice Yogurt
<b>WEEK #7</b>	14	15 ~Cereal & Toast~ Or French toast sticks Juice Yogurt	16 ~Cereal & Toast~ Or Flap Stick Juice Yogurt	17 ~Cereal & Toast~ Or Pancakes Juice Yogurt	18 ~Cereal & Toast~ Or Breakfast Sandwich Juice Yogurt	19 ~Cereal & Toast~ Juice Yogurt
<b>WEEK #8</b>	21	22 ~Cereal & Toast~ Or French toast sticks Juice Yogurt	23 ~Cereal & Toast~ Or Flap Stick Juice Yogurt	24 ~Cereal & Toast~ Or Pancakes Juice Yogurt	25 ~Cereal & Toast~ Or Breakfast Pizza Juice Yogurt	26 ~Cereal & Toast~ Or Bagel & Cream cheese Juice Yogurt
<b>WEEK #9</b>	28	29 ~Cereal & Toast~ Or French toast sticks Juice Yogurt	30 ~Cereal & Toast~ Or Flap Stick Juice Yogurt	31 ~Cereal & Toast~ Or Pancakes Juice Yogurt		
The state of Maine & the USDA is and equal opportunity provider & employer.	Students have a choice of white or chocolate milk or lactaid with lunch. Those bringing home lunches need to pay \$.30 for milk.					

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