

# October 2018

# BEALS ELEMETARY SCHOOL- LUNCH MENU

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>WEEK #5</b>	1 Bag Lunch	2 Deep Dish Pizza Toss Salad Wk Corn Peaches	3 Ham Italian Chips Fruit	4 Tomato soup Toasted cheese Sandwich Crackers Apple Sauce	5 Chicken Burger Tater Tots Carrots & Ranch Apple	6 <b>*All Breads:</b> Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
7 <b>WEEK #6</b>	8 <b>Columbus Day</b>  <b>NO SCHOOL</b>	9 <b>Teachers Workshop</b>  <b>NO SCHOOL</b>	10 Chicken Tenders Mashed Potato Peas Pears	11 Meatball Sub Cheese stick Toss Salad Apple	12 Hotdog on bun Baked beans Tater tots Fruit	13
14 <b>WEEK #7</b>	15 Chicken Burger Wk Corn Salsa & Chips Peaches	16 Ham & Cheese Sub Popcorn Veggies & Ranch apple	17 Fish Sticks Potato Wedges Peas Apple	18 Taco Salad Chips/ salsa Spanish Rice Pears	19 Breakfast For lunch	20
21 <b>WEEK #8</b>	22 American chop suey Green beans Bread stick Fruit	23 Baked Ham Mashed Potato Peas Pineapple	24 Oven BBQ Chicken Tater tots Broccoli Apple sauce	25 Deep Dish Pizza Toss Salad WK Corn Pears	26 Cheese Burger Potato wedges Carrots & Ranch Apple	27
28 <b>WEEK #9</b>	29 Fish Chowder Biscuit Crackers Apple crisp	30 Spaghetti with meat sauce Toss Salad Bread stick Fruit	31 Chicken tenders Mashed Potato Peas Ice cream			
<b>The state of Maine &amp; the USDA is and equal opportunity provider &amp; employer.</b>	<b>Students have a choice of white or chocolate milk or lactaid with lunch. Those bringing home lunches need to pay \$.30 for milk.</b>					