

October 2022 – 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 #5</u>	3 Fish Sticks Tater Tots Green Beans Apple	4 Meatball Sub Chips Veggies & ranch Apple sauce	5 Taco Salad Chips & Salsa Rice Peaches	6 Chicken Burger Baked Beans Cucumbers/Ranch Apple	7 Ham & Cheese Sub Chips & Salsa Fruit	*All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals
<u>WEEK #6</u>	10 <u>No School</u> Columbus/ Indigenous People's Day	11 <u>No School</u> TEACHER WORKSHOP	12 Spaghetti with Meat Sauce Bread Stick Salad Fruit	13 Tuna Sandwich Chips/ Pickle Apple Veggies/ Ranch	14 Chicken Stuffing Bake Bread Stick Apple Sauce	Students have a choice of white, chocolate or lactaid milk with lunch. Those bringing lunch will need to pay .30
<u>WEEK #7</u>	17 BBQ Chicken Sandwich Baked Beans Veggies/Ranch Peaches	18 Roast Pork Mashed Potato Green beans Apple Sauce Biscuit	19 Chop Suey Bread Stick Corn Apple Ice Cream	20 Hot Dog and Bun Popcorn Raisins Veggies/Ranch	21 <u>EARLY DISMISSAL</u> French Toast Sticks Sausage Yogurt/ Juice Fruit	The state of Maine & the USDA is an equal opportunity provider & employer
<u>WEEK #8</u>	24 Chicken Alfredo Broccoli Bread stick Fruit	25 Cheese Burger Chips/ Pickle Apple	26 Pulled Pork Sandwich Tater Tots Corn & Peaches	27 Tomato Soup Toasted Cheese Veggies/ Ranch Apple	28 Pancakes Sausage Yogurt & Fruit Juice	Breakfast Served From 7:15-7:40
<u>Week #9</u>	31 Pepperoni Pizza Veggies/ Ranch Chips Apple					MENU IS SUBJECT TO CHANGE or SUBSTITUTIONS