

September 2019 - Beals Elementary School Lunch Menu

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<u>WEEK #1</u>	2	3	4 Chicken Tenders Sweet potato fries Green beans Apple	5 Deep dish cheese pizza Toss Salad Orange wedges	6 Meatball sub Cheese Popcorn Cheese stick Veggies & Ranch Peaches	*All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
<u>WEEK #2</u>	9 Taco salad Rice Chips & Salsa Pineapple	10 Hotdog on a bun Baked beans Potato wedges Orange wedges	11 Chicken Parmesan Toss salad Wk Corn Bread stick Peaches	12 Cheese burger Tater tots Green beans Pears	13 Ham & Cheese Sub Chips Veggies & Ranch Apple	
<u>WEEK #3</u>	16 Spaghetti/ meat sauce Toss salad Bread stick Apple	17 Chicken Burger Sweet potato fries Carrots & Ranch Pineapple	18 Baked Ham Mashed Potato Broccoli Peaches	19 Tomato Soup Toasted cheese sandwich Crackers Apple Sauce	20 American chop suey Green Beans Bread stick Fruit	
<u>WEEK #4</u>	23 Ham Italian Chips Veggies & Ranch Apple	24 Chicken tenders Baked beans Tater tots Peaches	25 Cheese burger Macaroni & cheese WK Corn Pears	26 Deep Dish Pizza Toss salad Pineapple	27 PB&J sandwich Cheese Popcorn Veggies & Ranch Fruit	
<u>WEEK #5</u>	30 Meatball sub Wk Corn Toss salad Apple					
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.					