

Beals Elementary School Breakfast and Lunch Menu – October 2026



Breakfast Menu: Cereal, Toast, Muffins, Yogurt, Fruit & Juice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chicken Tenders Fried Rice Green Beans Applesauce	2 Meatballs/ Sauce Garlic Toast Veggies/ Ranch Apple	3 <i>Students have a choice of white or chocolate milk with lunch.</i>
4	5 Chicken Burger French Fries Baked beans Apple sauce	6 Sloppy Joes on Garlic Toast Corn Cheese Stick Peaches	7 Corn Dog Smiley Fries Cucumbers/ Ranch Apple	8 Tomato Soup Toasted Cheese Gold Fish Fruit	9 PB& J Sandwich Popcorn Banana Smoothie Apple	10 <i>Lunch Menus are subject to change.</i>
11	12 Holiday No School	13 Teachers Workshop No School	14 Cheeseburgers Mac & Cheese Corn Fruit	15 Fish Nuggets French Fries Green Beans Applesauce	16 Hot Dog Chips Yogurt Fruit	17 <i>This institution is an Equal Opportunity Provider.</i>
18	19 Chicken Drumstick Green Beans Tater Tots Apple	20 Salad Bar Pizza	21 Breakfast Sandwich Yogurt/ Fruit Cup Hash brown Juice	22 Baked ham Mashed Potato Corn Biscuit Peaches	23 Steak & Cheese Sub Onion Rings Veggies/Ranch Fruit	24
25	26 Ham & Cheese Sub Chips Yogurt Juice Apple	27 Shepherds Pie Corn Muffin Carrots/ Ranch Fruit Cup	28 Chop Suey Garlic Bread Corn Peaches	29 Fish Nugget Tater Tots Peas Fruit	30 Turkey & Cheese Sub Chips Applesauce Juice	