

October 2024 – 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>
		1 Fish Sticks Corn Biscuit Cheese Stick Apple	2 Chicken Burger Tater Tots Cucumbers/Ranch Peaches	3 Taco Salad Chips & salsa Rice Pineapple	4 Breakfast Sandwich Yogurt/ Juice Applesauce Blueberry muffin	
	7 Chicken Tenders Mashed potato Peas Biscuit Apple	8 Turkey & Cheese Wrap Popcorn Pickle Cucumbers/ ranch Peaches	9 Meatball Subs Caesar Salad Cantaloupe Pudding Cup	10 Hot Dog Macaroni & cheese Corn on the Cob Apple	11 Pizza Salad Bar	Students have a choice of white or chocolate milk with lunch. Those bringing lunch will need to pay .30
	14 <u>No School</u> Columbus Day/ Indigenous Peoples Day Holiday	15 - <u>No School</u> Teacher Workshop Day	16 Toasted Cheese Tomato Soup Veggies/Ranch Granola Bar Mixed Fruit	17 Popcorn Chicken Tater Tots Peas Applesauce Bread stick	18 French Toast Tater Tots Sausage Fruit Salad	
	21 Chili Mini Corn Dogs Corn Muffins Peaches	22 Sweet n Sour Chicken Green Beans Rice Apple	23 Beef & Cheese Burrito Rice Chips / Salsa Pineapple	24 Corn Chowder PB&J Sandwich Grapes Crackers	25 Pizza Salad Bar	
	28 Chickenburger Chips/Cheese Salsa Pineapple	29 Spaghetti/ Meat sauce Cheesy bread sticks Veggie cup/fruit	30 Cheeseburger Tater Tots Yogurt Parfait	31 Mummy Dogs Chips Cucumbers/Ranch Apple		This institution is an Equal Opportunity Provider.