

September 2023 – Beal’s 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	2	Field Day! *All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals
<u>Week #1</u>	4 Happy Labor Day	5 Pepperoni Pizza Veggies & ranch Popcorn Apple	6 Chicken nuggets Mashed Potato Peas Pretzel bread stick Apple sauce	7 Hot dog Chips Baked beans Peaches	8 PB&J sandwich Veggies & ranch Popcorn Gogurt Apple	Students have a choice of white, chocolate or lactaid milk with lunch. Those bringing lunch will need to pay .30
<u>Week #2</u>	11 Chicken Alfredo Bread stick Broccoli Pears	12 Cheeseburger Veggies & ranch Cinnamon gold fish Apple	13 Tomato soup Toasted cheese Cinnamon apples Crackers	14 Hot turkey/gravy Mashed potato Green beans Apple sauce	15 Meatball sub Toss salad Cheese stick Apple	The state of Maine & the USDA is an equal opportunity provider & employer
<u>Week #3</u>	18 Chickenburger Veggies & ranch Popcorn Fruit	19 Fish sticks Mashed potato Green beans Peaches	20 Spaghetti/meat sauce Breadstick Toss salad Apple	21 Pulled Pork sandwich Cinnamon gold fish Veggies & ranch Fruit	22 Ham & cheese sub Chips Gogurt Apple	MENU IS SUBJECT TO CHANGE Breakfast time 7:15-7:40
<u>Week #4</u>	25 American chopsuey Corn Pretzel bread stick Pears	26 Sweet n sour chicken Rice Green beans	27 Pepperoni pizza Veggies & ranch Apple Chips	28 Taco salad Chips/ salsa Fruit cup	29 Breakfast sandwich Hashbrown Juice & Yogurt	