

October

Beals Elementary Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 Week #5	3 ~Cereal & Toast~ Or: French Toast sticks Yogurt Fruit Juice	4 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	5 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	6 ~Cereal & Toast~ Or: Bagel & Cream & Cream cheese Yogurt Fruit Juice	7 ~Cereal & Toast~ Or: Blueberry muffin Yogurt Fruit Juice	8* All Breads: Rolls, Toast, Pancakes Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
9 Week #6	10 No School Columbus Day	11 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	12 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	13 ~Cereal & Toast~ Or: Oatmeal Yogurt Fruit Juice	14 ~Cereal & Toast~ Or: Waffles Yogurt Fruit Juice	15 * Flapstick: Sausage wrapped in pancake on a stick.
16 Week #7	17 ~Cereal & Toast~ Or: French Toast Sticks Yogurt Fruit Juice	18 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	19 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit	20 ~Cereal & Toast~ Or: Bagel & Cream Cheese Yogurt	21 ~Cereal & Toast~ Or: Blueberry muffin Yogurt Fruit	22 * All Cereals: are Whole Grain
23 Week #8	24 ~Cereal & Toast~ Or: French Toast Stick Yogurt Fruit Juice	25 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	26 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	27 ~Cereal & Toast~ Or: Oatmeal Yogurt Fruit Juice	28 ~Cereal & Toast~ Or: Waffles Yogurt Fruit Juice	29
30 Week #9	31 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	Students have a choice of 1% white or fat free chocolate milk with lunch. Those bringing home lunches need to pay \$.35 for milk.		The State of Maine and the USDA is an equal opportunity provider & Employer.		2016