

December

Beals Elementary Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week #13				1 ~Cereal & Toast~ Or: Bagel Cream Cheese Yogurt Fruit Juice	2 ~Cereal & Toast~ Yogurt Fruit Juice	3
4 Week #14	5 ~Cereal & Toast~ Or: French Toast sticks Yogurt Fruit Juice	6 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	7 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	8 ~Cereal & Toast~ Or: Oatmeal Yogurt Fruit Juice	9 ~Cereal & Toast~ Or: Blueberry muffin Yogurt Fruit Juice	10* All Breads: Rolls, Toast, Pancakes Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
11 Week #15	12 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	13 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	14 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	15 ~Cereal & Toast~ Or: Bagel & Cream cheese Yogurt Fruit Juice	16 ~Cereal & Toast~ Or: Waffles Yogurt Fruit Juice	17 *Flapstick: Sausage wrapped in pancake on a stick.
18 Week #16	19 ~Cereal & Toast~ Or: French Toast Sticks Yogurt Fruit Juice	20 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	21 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	22 ~Cereal & Toast~ Or: Oatmeal Yogurt Fruit Juice	23 ~Cereal & Toast~ Yogurt Fruit Juice	24 * All Cereals: are Whole Grain
25	26	CHRISTMAS BREAK				31
		<div>Students have a choice of 1% white or fat free chocolate milk with lunch. Those bringing home lunches need to pay \$.35 for milk.</div> <div>The State of Maine and the USDA is an equal opportunity provider & Employer.</div>				2016