

December 2019 - Beals Elementary School Breakfast Menu

<u><i>Sunday</i></u>	<u><i>Monday</i></u>	<u><i>Tuesday</i></u>	<u><i>Wednesday</i></u>	<u><i>Thursday</i></u>	<u><i>Friday</i></u>	<u><i>Saturday</i></u>
1 WEEK #14	2 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast	3 Breakfast pizza Fruit Juice & Yogurt Or Cereal & Toast	4 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	5 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	6 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	7 *All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
8 WEEK #15	9 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast	10 Bagel & Cream Cheese Fruit Juice & Yogurt Or Cereal & Toast	11 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	12 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	13 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	14 *Flapstick: Sausage wrapped in a pancake on a stick.
15 WEEK #16	16 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast	17 Breakfast Pizza Fruit Juice & Yogurt Or Cereal & Toast	18 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	19 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	20 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	21 *Cereals: Whole Grain
22	23	24	25 Merry Christmas	26	27	28
29	30	31	Happy New Year			30 Breakfast time 7:15am-7:40am
The state of Maine & the USDA is an equal opportunity provider & employer.	Students have a choice of white or chocolate milk or lactaid with lunch. Those bringing home lunches need to pay \$.30 for milk.					