

December 2021 – Beals Elementary School Breakfast and Lunch Menu

Breakfast : Cereal, Toast, Muffins, Yogurt, Fruit, & Juice

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<u>WEEK #14</u>	November 29th Chicken Strips Green Beans Rice Egg Roll Pears	November 30th Turkey and Cheese Sub Chips Veggies and Ranch Fruit	1 Cheeseburger Potato wedges Veggies & Ranch Fruit	2 Tomato Soup Toasted cheese Crackers Peaches	3 PB&J Sandwich Popcorn Apple	<i>All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals</i>
<u>WEEK #15</u>	6 Popcorn Chicken Broccoli Mashed Potato Apple	7 Chicken Strips Sweet Potato Fries Green beans Peaches	8 Spaghetti with Meat Sauce Salad Bread Stick Fruit	9 Fish Sticks Mashed Potato Carrots Pears	10 Turkey and C Cheese Sub Chips Apple	<i>Students have a choice of white, chocolate milk with lunch.</i>
<u>WEEK #16</u>	13 BBQ Chicken Sandwich Chips Veggies & Ranch Fruit	14 American Chop Suey Bread stick Green Beans Apple sauce	15 Chicken tenders Chips & Salsa Apple Raisins	16 Meatball Sub Veggies & Ranch Popcorn Fruit	17 Breakfast for Lunch	<i>The state of Maine & the USDA is an equal opportunity provider & employer</i>
<u>WEEK #17</u>	20 Roast Turkey Mashed Potato Broccoli Peaches	21 Chicken Burger Potato Wedges Veggies & ranch Apple	22 Hot Dog Chips Fruit	23 <u>No School</u> CHRISTMAS BREAK	24 <u>No School</u> CHRISTMAS BREAK	
	27 <u>No School</u> CHRISTMAS BREAK	28 <u>No School</u> CHRISTMAS BREAK	29 <u>No School</u> CHRISTMAS BREAK	30 <u>No School</u> CHRISTMAS BREAK	31 <u>No School</u> CHRISTMAS BREAK	HAPPY NEW YEAR!