

February

Beals Elementary Breakfast Menu

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
WEEK #21			1 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	2 ~ Cereal & Toast~ Or: Waffles Yogurt Fruit Juice Yogurt	3 ~Cereal & Toast~ Yogurt Fruit Juice	4
5 WEEK #22	6 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	7 ~Cereal & Toast~ Or: Flapstick Yogurt Fruit Juice	8 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	9 ~Cereal & Toast~ Or: Bagel Yogurt Fruit Juice	10 ~Cereal & Toast~ Yogurt Fruit Juice	11 * All Breads: Rolls, Toast, Pancakes Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
12 WEEK #23	13 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	14 ~Cereal & Toast~ Or: Flapstick Yogurt Fruit Juice	15 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	16 ~Cereal & Toast~ Or:Waffles Yogurt Fruit Juice	17 ~Cereal & Toast~ Yogurt Fruit Juice	18 *Flapstick: Sausage wrapped in pancake on a stick.
19	20	21	22	23	24	25 * All Cereals: are Whole Grain
WINTER VACATION						
26 Week #24	27 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	28 ~Cereal & Toast~ Or: Flapstick Yogurt Fruit Juice	29 ~Cereal & Toast~ Or: Pancakes 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.			

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