

January 2020 ----- Beals Elementary Lunch Menu

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>WEEK #17</u>			1 No School	2 Spaghetti with meat sauce Bread stick Toss salad Peaches	3 Chicken Burgers Baked Beans Potato wedges Apple Sauce	4 *All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
<u>WEEK #18</u>	5 6 Tomato soup Toasted cheese Carrots & Ranch Apple	7 Chicken tenders Green beans Tater tots Mixed fruit	8 Fish Sticks Broccoli Mashed potato Mixed fruit	9 Cheese burger Tater tots Green beans Peaches	10 Meatball subs Chips Veggies & Ranch Apple	11
<u>WEEK #19</u>	12 13 Oven BBQ Chicken Broccoli Potato wedges Peaches	14 Tomato Soup Toasted cheese sandwich Carrots & Ranch Fruit	15 American chop suey Bread stick Green beans Mixed fruit	16 Taco Salad Chips & Salsa Rice Pineapple	17 Roast Turkey Mashed Potato Green Beans Pears	18
<u>Week #20</u>	19 20 No School	21 Hot dog/ bun Baked beans Carrots & ranch Apple	22 Turkey & Cheese sub Cheese popcorn Apple Sauce	23 Deep dish pizza Chips & salsa WK Corn Peaches	24 Corn Chowder PB&J sandwich Crackers Fruit	25
<u>Week #21</u>	26 27 Meatball sub Chips Veggies & ranch Apple	28 Chicken burger Baked beans Cheese Popcorn Pears	29 Roast pork Green beans Mashed Potato Apple sauce	30 Fish sticks Tater tots Broccoli Mixed fruit	31 Cheese burger Chips Carrots & ranch Peaches	