

January

Beals Elementary

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1 WEEK # 17	2 Happy New Year	3 Chicken Tenders Mashed Potato Broccoli Pears	4 Spaghetti / Meat sauce Bread Stick Toss Salad Mixed Fruit	5 Corn Chowder PB & J Sandwich Peaches	6 Bagel Pizza Tater Tots WK Corn Apple Sauce	7 * All items are baked in our oven. We do not have fried foods.
8 WEEK #18	9 Chicken Burger Baked Beans Carrots & Ranch Pears	10 Ham & Cheese Sandwich Potato Wedges Cole Slaw Peaches	11 Hot dog / Bun Macaroni & Cheese Wk Corn Pineapple	12 Tomato Soup Toasted Cheese Crackers Apple	13 Fish Sticks Mashed Potato Green Beans Apple Sauce	14 * All Breads: Rolls, Toast, Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
15 Week #19	16 NO SCHOOL - MARTIN LUTHER KING JR. DAY	17 Ham Italian Chips Veggies & Ranch Apple	18 Chicken Alfredo Broccoli Bread Stick Pears	19 Beef & Cheese Burrito Rice Chips & Salsa Pineapple	20 Breakfast For Lunch	21
22 Week # 20	23 Fish Burger Cole Slaw Chips Apple	24 American Chop Suey Toss Salad Biscuit Mixed Fruit	25 BBQ Chicken Mashed Potato Green Beans Peaches	26 Deep Dish Pizza Potato Wedges WK Corn Pears	27 Taco Salad Chips & Salsa Mixed Fruit	28
29 Week #21	30 Chicken Tenders Tater Tots Green Beans Mixed Fruit	31 Meatball Sub Cheese Stick Carrots & Dip Apple				

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