

January

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>
1 Week #17	2 NO SCHOOL NEW YEARS DAY LEGAL HOLIDAY	3 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	4 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	5 ~Cereal & Toast~ Or: Bagel Cream Cheese Yogurt Fruit Juice	6 ~Cereal & Toast~ Yogurt Fruit Juice	7
8 Week #18	9 ~Cereal & Toast~ Or: French Toast sticks Yogurt Fruit Juice	10 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	11 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	12 ~Cereal & Toast~ Or: Oatmeal Yogurt Fruit Juice	13 ~Cereal & Toast~ Yogurt Fruit Juice	14* All Breads: Rolls, Toast, Pancakes Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
15 Week #19	16 NO SCHOOL - MARTIN LUTHER KING JR. DAY	17 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	18 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	19 ~Cereal & Toast~ Or: Bagel & Cream cheese Yogurt Fruit Juice	20 ~Cereal & Toast~ Or: Waffles Yogurt Fruit Juice	21 * Flapstick: Sausage wrapped in pancake on a stick.
22 Week #20	23 ~Cereal & Toast~ Or: French Toast Sticks Yogurt Fruit Juice	24 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	25 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	26 ~Cereal & Toast~ Or: Oatmeal Yogurt Fruit Juice	27 ~Cereal & Toast~ Yogurt Fruit Juice	28 * All Cereals: are Whole Grain
29 Week #21	30 ~Cereal & Toast~ Or French Toast sticks Yogurt Fruit Juice	31 ~Cereal & Toast~ Or: Flap Stick 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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