

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>
Week #17	1 Happy New Year NO SCHOOL	2 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	3 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	4 ~Cereal & Toast~ Or: Bagel Yogurt Fruit Juice Yogurt	5 ~Cereal & Toast~ Yogurt Fruit Juice	6
7 Week # 18	8 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	9 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	10 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	11 ~Cereal & Toast~ Or: Bagel Yogurt Fruit Juice	12 ~Cereal & Toast~ Yogurt Fruit Juice	13 * All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
14 Week # 19	15 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	16 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	17 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	18 ~Cereal & Toast~ Or: Waffles Yogurt Fruit Juice	19 ~Cereal & Toast~ Yogurt Fruit Juice	20 * Flapstick: Sausage wrapped in pancake on a stick.
21 Week # 20	22 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	23 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	24 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	25 ~Cereal & Toast~ Or: Bagel Yogurt Fruit Juice	26 ~Cereal & Toast~ Yogurt Fruit Juice	27 * All Cereals: are Whole Grain
28 Week # 21	29 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	30 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	31 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	<div>The State of Maine and the USDA is an equal opportunity provider & Employer.</div> <div>Students have a choice of 1% white or fat free chocolate milk with lunch. Those bringing home lunches need to pay \$.30 for milk.</div>		

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