

January

Beals Elementary Lunch 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	2 Tomato Soup Toasted cheese Sandwich Mixed Fruit	3 Chili Corn muffin Cheese Stick Peaches	4 Fish Sticks Mashed Potato Green Beans Pears	5 Turkey & cheese wrap Chips & Salsa Apple	6 * All items are baked our oven. We do not have fried foods.
7 Week #18	8 Cheese Burger Chips Graham Crackers Peaches	9 Broccoli cheese soup PB & J Sandwich Mixed Fruit	10 Deep dish pizza Toss Salad Apple Sauce	11 American Chopsuey Garlic Bread Green Beans Pears	12 Corn Chowder PB & J Sandwich Crackers Peaches	13 * All Breads: Rolls, Toast, Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
14 Week #19	15 No School Martin Luther King Jr. Day	16 Hot dogs/bun Baked beans Cheese Popcorn Peaches	17 Chicken Burger Wk Corn Potato Wedges Apple Sauce	18 Meatball sub Cheese stick Carrots / Ranch Apple	19 Chicken Tenders Green Beans Mashed Potato Pears	20
21 Week #20	22 Sheppard's Pie Corn Muffin Apple Sauce	23 Turkey & Cheese Sandwich Chips Carrots & Ranch Mixed Fruit	24 Macaroni & Cheese Sausage patty Toss Salad Pears	25 Deep Dish Pizza Wk Corn Tater Tots Apple	26 Taco Salad Chips & Salsa Rice Pineapple	27
28 Week #21	29 Chicken Tenders Broccoli Mashed Potato Pears	30 Fish Sticks Tater Tots Cooked Carrots Apple Sauce	31 Spaghetti / Meat Sauce Toss Salad Bread Stick Mixed Fruit			
Students have a choice of 1% white or fat free chocolate milk with lunch. Those bringing home lunches need to pay \$.30 for milk.			The State of Maine and the USDA is an equal opportunity Provider & Employer.			2018