

January 2020 - Beals Elementary School Breakfast Menu

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|--|--|---|---|---|--|--|
| <u>Week #17</u> | | | 1 Happy New Year | 2 Flap stick Fruit Juice & Yogurt Or Cereal & Toast | 3 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast | 4 *All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat |
| <u>5</u> WEEK #18 | 6 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast | 7 Bagel & Cream Cheese Fruit Juice & Yogurt Or Cereal & Toast | 8 Pancakes Fruit Juice & Yogurt Or Cereal & Toast | 9 Flap stick Fruit Juice & Yogurt Or Cereal & Toast | 10 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast | 11 *Flap stick: Sausage wrapped in a pancake on a stick. |
| <u>12</u> WEEK #19 | 13 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast | 14 Breakfast Pizza Fruit Juice & Yogurt Or Cereal & Toast | 15 Pancakes Fruit Juice & Yogurt Or Cereal & Toast | 16 Flap stick Fruit Juice & Yogurt Or Cereal & Toast | 17 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast | 18 *Cereals: Whole Grain |
| <u>19</u> <u>Week #20</u> | 20 No School | 21 Bagel & Cream cheese Fruit Juice & Yogurt Or Cereal & Toast | 22 Pancakes Fruit Juice & Yogurt Or Cereal & Toast | 23 Flap stick Fruit Juice & Yogurt Or Cereal & Toast | 24 Breakfast Bar Fruit Juice & Yogurt Or Cereal & Toast | 25 |
| <u>26</u> <u>Week #21</u> | 27 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast | 28 Breakfast Pizza Fruit Juice & Yogurt Or Cereal & Toast | 29 Pancakes Fruit Juice & Yogurt Or Cereal & Toast | 30 Flap stick Fruit Juice & Yogurt Or Cereal & Toast | 31 Breakfast bar Fruit Juice & Yogurt Or Cereal & Toast | 30 Breakfast time 7:15am-7:40am |
| The state of Maine & the USDA is an equal opportunity provider & employer. | Students have a choice of white or chocolate milk or lactaid with lunch. Those bringing home lunches need to pay \$.30 for milk. | | | | | |