

January 2022 – Beals Elementary School Breakfast and Lunch Menu

Breakfast : Cereal, Toast, Muffins, Yogurt, Fruit, & Juice

| <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|-----------------|--|---|--|--|---|--|
| <u>WEEK #18</u> | 3 Popcorn Chicken Potato Wedges Green Beans Peaches | 4 Spaghetti with Meat Sauce Bread stick Salad Apple Sauce | 5 Tomato Soup Toasted Cheese Veggies & Ranch Cinnamon Apples | 6 Turkey & Cheese Sub Chips Apple | 7 Breakfast for Lunch | *All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals |
| <u>WEEK #19</u> | 10 American Chop Suey Veggies & Ranch Bread Stick Apple | 11 Chicken Tenders Macaroni & Cheese Green Beans Corn Muffin Pears | 12 Taco Salad Chips & Salsa Rice Fruit | 13 Hot Dog Baked Beans Gold Fish Strawberries | 14 Meatball Sub Veggies & ranch Chips Apple | Students have a choice of white, chocolate or lactaid milk with lunch. Those bringing lunch will need to pay .30 |
| <u>WEEK #20</u> | 17 No School | 18 Fish Sticks Sweet Potato Fries Veggies & Ranch Fruit | 19 Cheeseburger Potato Wedges Baked Beans Peaches | 20 Roast Turkey Mashed Potato Green Beans Applesauce | 21 Chicken Burger Chips & Salsa Apple | The state of Maine & the USDA is an equal opportunity provider & employer |
| <u>WEEK #21</u> | 24 Shepherd's Pie Biscuit Salad Fruit | 25 Chicken & Cheese Sub Popcorn Veggies & Ranch Apple | 26 BBQ Chicken Sandwich Chips Fruit | 27 Pizza Veggies & Ranch Gold Fish Fruit | 28 Breakfast for Lunch | |
| | 31 Chicken Strips Egg Roll Green Beans Strawberries | | | | | |