

June

Beals Elementary School

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
WEEK #36				1 ~Cereal & Toast~ Or: Waffle Yogurt Fruit Juice	2 ~Cereal & Toast~ Yogurt Fruit Juice	3
4 WEEK #37	5 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	6 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	7 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	8 ~Cereal & Toast~ Or: Bagel Yogurt Fruit Juice	9 ~Cereal & Toast~ Yogurt Fruit Juice	10 * All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
11 WEEK #38	12 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	13 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	14 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	15 ~Cereal & Toast~ Or :Waffles Yogurt Fruit Juice	16 ~Cereal & Toast~ Yogurt Fruit Juice	17 * Flapstick: Sausage wrapped in pancake on a stick.
18	19	20	21	22	23	24 * All Cereals: are Whole Grain
25	26	27	28	29	30	
<p>Students have a choice of 1% white or fat free chocolate milk with lunch. Those bringing home lunches need to pay \$.35 for milk.</p>			<p>The State of Maine and the USDA is an equal opportunity provider & Employer.</p>			

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