

# March 2017 Breakfast Menu

## 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 #24			1 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	2 ~ Cereal & Toast~ Or: Waffles Yogurt Fruit Juice  Yogurt	3 ~Cereal & Toast~ Yogurt Fruit Juice	4
WEEK #25	5 6 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	7 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	8 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	9 ~Cereal & Toast~ Or: Bagel Yogurt Fruit Juice	10 ~Cereal & Toast~ Yogurt Fruit Juice	11 * <b>All Breads:</b> Rolls, Toast, Pancakes Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
WEEK #26	12 13 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	14 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	15 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	16 ~Cereal & Toast~ Or :Waffles Yogurt Fruit Juice	17 ~Cereal & Toast~ Yogurt Fruit Juice	18 * <b>Flapstick:</b> Sausage wrapped in pancake on a stick.
Week #27	19 20 ~Cereal & Toast~ Or:French Toast Yogurt Fruit Juice	21 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	22 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	23 ~Cereal & Toast~ Or: Bagel Yogurt Fruit Juice	24 ~Cereal & Toast~ Yogurt Fruit Juice	25 * <b>All Cereals:</b> are Whole Grain
Week #28	26 27 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	28 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	29 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	30 ~Cereal & Toast~ Or: Waffles Yogurt Fruit Juice	31 ~Cereal & Toast~ Yogurt Fruit Juice	
	Students have a choice of 1% white or fat free chocolate milk with lunch. Those bringing home lunches need to pay \$.35 for milk.		The State of Maine and the USDA is an equal opportunity provider & Employer.			

# 2017