

May

Beals Elementary Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week # 32		1 ~Cereal & Toast~ Or: Flap stick Yogurt Fruit Juice	2 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	3 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	4 ~Cereal & Toast~ Yogurt Fruit Juice	5
Week # 33	6 7 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	8 ~Cereal & Toast~ Or: Flap stick Yogurt Fruit Juice	9 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	10 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	11 ~Cereal & Toast~ Yogurt Fruit Juice	12* All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
Week #34	13 14 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	15 ~Cereal & Toast~ Or: Flap stick Yogurt Fruit Juice	16 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	17 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	18 ~Cereal & Toast~ Yogurt Fruit Juice	19 * Flapstick: Sausage wrapped in pancake on a stick.
Week # 35	20 21 ~Cereal & Toast~ Or: French toast sticks Yogurt Fruit Juice	22 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	23 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	24 ~Cereal & Toast~ Or: Breakfast Pizza Yogurt Fruit Juice	25 ~Cereal & Toast~ Yogurt Fruit Juice	26 * All Cereals: are Whole Grain
Week # 36	27 28 Memorial Day NO SCHOOL	29 ~Cereal & Toast~ Or: Flap stick Yogurt Fruit Juice	30 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice			

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