

November

Beals Elementary Breakfast Menu

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Week #9			1 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	2 ~Cereal & Toast~ Or: Waffle sticks Yogurt Fruit Juice Yogurt	3 ~Cereal & Toast~ Yogurt Fruit Juice	4
5 Week #10	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 Veterans Day	11 * All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
12 Week #11	13 No School Teachers workshop	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 * Flapstick: Sausage wrapped in pancake on a stick.
19 Week #12	20 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice	21 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	22 No School	23 Happy Thanksgiving	24 No School	25 * All Cereals: are Whole Grain
26 Week #13	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: Bagel 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.			

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