

November

Beals Elementary Lunch 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 Chicken Burger Tater Tots Green Beans Pears	2 Spaghetti/ meat sauce Toss Salad Bread stick Peaches	3 Ham & Cheese Sub Veggies & Ranch Chips Apple	4 * All items are baked in our oven. We do not have fried foods.
5 Week # 10	6 Chicken Tenders Macaroni & Cheese Peas Mixed Fruit	7 Roast Pork/ Gravy Mashed Potato Green Beans Apple Sauce	8 Fish Sticks Potato Wedges Carrots & Ranch Pears	9 Hot Dog/ Bun Baked Beans Sweet Potato Fries Apple	10 Veterans Day	11 * All Breads: Rolls, Toast, Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
12 Week # 11	13 Teachers Workshop	14 Cheese Burger Chips & Salsa Graham Crackers Pineapple	15 Deep Dish Pizza Apple Cheese Popcorn Ice Cream	16 Turkey Dinner	17 Meatball Subs Cheese Stick Carrots & Ranch Mixed Fruit	18
19 Week # 12	20 Tomato Soup Toasted Cheese Sandwich Mixed Fruit	21 PB & Jelly Sandwich Chips Carrots & Ranch Apple	22 No School	23 Happy Thanksgiving	24 No School	25
26 Week # 13	27 Chicken Alfredo Broccoli Corn Muffin Apple Sauce	28 American Chop suey Garlic Bread Green Beans Mixed Fruit	29 Chicken Burger Toss Salad Graham Crackers Apple	30 Fish Chowder Biscuit Peaches	The State of Maine and the USDA is an equal opportunity Provider & Employer.	
				Students of choice of 1% white or fat free Chocolate milk with lunch. Those bringing home Lunches need to pay .30 for milk.		
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