

October 2019 - Beals Elementary School Breakfast Menu

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
WEEK #5		1 Breakfast pizza Fruit Juice & Yogurt Or Cereal & Toast	2 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	3 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	4 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	5 *All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
6 WEEK #6	7 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast	8 Bagel & Cream Cheese Fruit Juice & Yogurt Or Cereal & Toast	9 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	10 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	11 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	12*Flapstick: Sausage wrapped in a pancake on a stick.
13 WEEK #7	14 No School Columbus Day	15 No School Teachers workshop	16 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	17 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	18 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	19*Cereals: Whole Grain
20 WEEK #8	21 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast	22 Bagel & Cream Cheese Fruit Juice & Yogurt Or Cereal & Toast	23 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	24 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	25 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	26
27 WEEK #9	28 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast	29 Breakfast pizza Fruit Juice & Yogurt Or Cereal & Toast	30 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	31 Flap stick Fruit Juice & Yogurt Or Cereal & Toast		Breakfast time 7:15am-7:40am
The state of Maine & the USDA is an equal opportunity provider & employer.	Students have a choice of white or chocolate milk or lactaid with lunch. Those bringing home lunches need to pay \$.30 for milk.					