

October 2019-Beals Elementary School Lunch Menu

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>WEEK #5</u>		1 Chicken Burger Mozzarella Sticks Broccoli Fruit	2 Chicken Tenders Sweet potato fries Green beans Apple	3 Taco Salad Rice Chips & Salsa Orange wedges	4 Corn Chowder Cheese stick Veggies & Ranch Peaches	5 * All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
<u>6</u> <u>WEEK #6</u>	7 Spaghetti/meat sauce Carrots & ranch Bread stick Apple sauce	8 Turkey & Cheese wrap with Lettuce Chips Blueberry muffin Apple	9 Fish Sticks Toss salad Wk Corn Bread stick Peaches	10 Cheese burger Tater tots Green beans Pears	11 Ham & Cheese Sub Chips Veggies & Ranch Apple	12
<u>13</u> <u>WEEK #7</u>	14 Columbus Day	15 No School Teachers workshop	16 Deep dish cheese pizza Toss salad Orange wedges	17 Chicken burger Carrots & Ranch Cheese popcorn Fruit	18 Hot dog/ bun Baked beans Fruit Ice Cream	19
<u>20</u> <u>WEEK #8</u>	21 PB&J sandwich Cheese popcorn Carrots & Ranch Apple	22 Chicken strips Broccoli Tater tots Peaches	23 Cheese burger Mozzarella sticks Potato wedges Pineapple	24 Deep Dish Pizza Toss salad Apple	25 Tomato soup Toasted cheese Sandwich Veggies & ranch Apple sauce	26
<u>27</u> <u>WEEK #9</u>	28 Meatball sub Wk Corn Toss salad Apple	29 Chop suey Green beans Bread stick Peaches	30 Baked Ham Broccoli Mashed Potato Biscuit Apple Sauce	31 Ham Italian Chips Carrots & ranch Fruit		