October 2020 – Beals Elementary School Breakfast and Lunch Menu

BREAKFAST WILL BE A "GRAB AND GO" UNTIL FURTHER NOTICE

Sunday	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*
WEEK #3				1 Chicken quesadilla Rice & corn Chips & salsa Fruit cup	2 Cheese burger Veggies & ranch Chips & pickle Apple	***All Breads**: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals
WEEK #4	5 Meatball sub Toss salad Apple	6 Hot dog Baked beans Coleslaw Chips melon	7 Chicken stuffing bake Broccoli Breadstick Peaches	8 Deep dish pizza Veggies & ranch Popcorn Apple	9 Pancakes & sausage Yogurt & juice Fruit	
WEEK #5	12 No School	13 BBQ chicken Sandwich Toss salad Melon	14 Ham & cheese sub Chips & Pickle Veggies & ranch Peaches	15 Roast turkey Mashed Potato Peas & corn Corn muffin Apple sauce	16 Tomato soup Toasted cheese Veggies & ranch Mixed fruit	
Week #6	19 Roast pork Broccoli Mashed Potato Corn Muffin Apple sauce	20 Cheese burger Toss salad Sweet potato fries Pears	21 BBQ chicken Peas Mashed Potato Biscuit Apple sauce	22 Ham Italian Veggies & ranch Chips Peaches	23 French toast sticks Sausage Fruit & juice Yogurt	Students have a choice of white, chocolate or lactaid milk with lunch. Those bringing lunch will need to pay .30
Week #7	26 Chicken burgers Baked beans Coleslaw Melon	27 Turkey & cheese sub Veggies & ranch Chips Fruit cup	28 Corn Chowder PB & J sandwich Peaches	29 Deep dish pizza Chips & salsa Apple	30 Meatball sub Veggies & ranch Popcorn Apple Ice cream	The state of Maine & the USDA is an equal opportunity provider & employer