

October 2021 – Beals Elementary School Breakfast and Lunch Menu

Breakfast : Cereal, Toast, Muffins, Yogurt, Fruit, & Juice

<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 Popcorn Chicken Macaroni & Cheese Cucumbers & Ranch Apple	<i>All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals</i>
<u>WEEK #6</u>	4 Taco Salad Rice Chips & Salsa Apple	5 Hotdog/Bun Veggies & ranch Potato Wedges Mixed fruit	6 Shepherd's Pie Broccoli Bread Stick Peaches	7 Ham & Cheese Sub Chips & Salsa Apple	8 Breakfast for Lunch	<i>Students have a choice of white, chocolate milk with lunch. Those bringing lunch will need to pay .30</i>
<u>WEEK #7</u>	11 No School Indigenous Peoples' Day / Columbus Day	12 No School Teacher Workshop	13 Cheese burger Sweet Potato fries Green beans Peaches	14 Chicken burger Veggies & Ranch Popcorn Mixed Fruit	15 BBQ Chicken Sandwich Chips & Salsa Cinnamon Apples	<i>The state of Maine & the USDA is an equal opportunity provider & employer</i>
<u>WEEK #8</u>	18 Hotdog/ Bun Baked Beans Carrots Apple	19 Deep Dish Pizza Toss Salad Mixed Fruit	20 ChickenTenders Rice Cucumbers & Ranch Apple Sauce	21 Tomato Soup Toasted cheese Crackers Cinnamon Apples	22 Meatball Sub Veggies & Ranch Popcorn, Fruit Ice Cream	
<u>Week #9</u>	25 Popcorn Chicken Toss Salad Peaches Goldfish	26 Roast Pork Mashed Potato Carrots Apple Sauce	27 Fish Sticks Veggies & Ranch Popcorn Apple	28 Spaghetti with Meat Sauce Bread stick Toss Salad, Fruit	29 Breakfast for Lunch	