

Beals Elementary School Breakfast and Lunch Menu - October 2025

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Broccoli Cheese soup Uncrustable Pretzels / nacho cheese Apple	2 Chicken Tenders Green beans Macaroni & cheese Apple sauce	3 Steak n Cheese Sub Chips Yogurt & Fruit Parfait Juice	4 <i>Students have a choice of white or chocolate milk with lunch.</i>
5	6 Salad Bar Pizza	7 Spaghetti/meat sauce Bread stick Caesar Salad Peaches	8 Turkey BLT Veggies/ Ranch Chips Apple	9 Tomato Soup Toasted cheese Gold Fish crackers Fruit	10 Breakfast Sandwich on a biscuit Hash browns Juice Yogurt	11 <i>Lunch Menus are subject to change.</i>
12	13 No School Holiday	14 No School Teachers Workshop	15 Hot dog Mini hash browns Baked beans Apple	16 Chicken Burger Pretzels/ nacho cheese Gogurt Dragon Juice	17 Walking Taco Cucumbers/ranch Honeydew melon	18 <i>This institution is an Equal Opportunity Provider.</i>
19	20 Pizza Sticks Apples / peanut butter Veggies/ ranch	21 Chili Corn bread Peaches Juice	22 Popcorn Chicken Corn Baked Potato Peaches	23 Cheese burger Chips Yogurt Apple	24 Salad Pizza	25
26	27 Taco Salad Rice Chips & Salsa Pineapple	28 Chicken noodle soup Uncrustable Gold fish Dragon juice	29 Mini Pancakes Sausage Yogurt Parfait	30 Meatballs/ Sauce Cheese bread stick Green beans Peaches	31 Mummy Dogs Sun Chips Dragon juice Apple Bites / Dip	

