

September

Beals Elementary Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 NO SCHOOL	2 NO SCHOOL	3
4 Week #1	5 Happy Labor Day	6 Teachers Workshop	7 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	8 ~Cereal & Toast~ Or: Bagel & Cream & Cream cheese Yogurt Fruit Juice	9 ~Cereal & Toast~ Or: Blueberry muffin Yogurt Fruit Juice	10* All Breads: Rolls, Toast, Pancakes Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
11 Week #2	12 ~Cereal & Toast~ Or: French Toast sticks Yogurt Fruit Juice	13 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	14 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	15 ~Cereal & Toast~ Or: Oatmeal Yogurt Fruit Juice	16 ~Cereal & Toast~ Or: Waffles Yogurt Fruit Juice	17 * Flapstick: Sausage wrapped in pancake on a stick.
18 Week #3	19 ~Cereal & Toast~ Or: French Toast Sticks Yogurt Fruit Juice	20 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	21 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	22 ~Cereal & Toast~ Or: Bagel & Cream Cheese Yogurt Fruit Juice	23 ~Cereal & Toast~ Or: Blueberry muffin Yogurt Fruit Juice	24 * All Cereals: are Whole Grain
24 Week #4	25 ~Cereal & Toast~ Or: French Toast Stick Yogurt Fruit Juice	26 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice	27 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice	28 ~Cereal & Toast~ Or: Oatmeal Yogurt Fruit Juice	29 ~Cereal & Toast~ Or: Waffles Yogurt Fruit Juice	30
Students have a choice of 1% white or fat free chocolate milk with lunch. Those bringing home lunches need to pay \$.35 for milk.			The State of Maine and the USDA is an equal opportunity provider & Employer.		2016	