

# September

# Beals Elementary Lunch Menu

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 NO SCHOOL	2 NO SCHOOL	3 * All items are baked in our oven. We do not have fried foods.
4  WEEK #1	5  Happy Labor Day	6  Teachers Workshop	7  Chicken Tenders WK Corn Mashed Potato Peaches	8  Meatball Sub Carrots & Dip Cheese Stick Apple	9  Deep Dish Pizza Toss Salad Oatmeal Cookie Watermelon	10  * <b>All Breads:</b> Rolls, Toast, Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
11  Week #2	12 American chop Suey Green Beans Corn muffin Mixed fruit	13 Ham & Cheese Sub Chips & Salsa Pineapple Chunks	14 Chicken Burger Baked Beans Coleslaw Pears	15 Cheese Burger Macaroni Salad Apple Ice Cream cup	16 Fish Sticks Tater Tots Veggies & Dip Mandarin Oranges	17
18  Week #3	19 Tomato Soup Toasted Cheese Sandwich Blueberry Muffin Peaches	20 Chicken Alfredo Green Beans Garlic Bread Mixed Fruit	21 Beef Burrito Toss Salad Chips & Salsa Apple	22 Oven BBQ Chicken Potato Wedges WK Corn Pears	23 English Muffin Pizza's Veggies & Dip Fresh Fruit Cup	24
25  Week #4	26 Spaghetti With meat sauce Garlic bread Toss salad Mixed Fruit	27 Taco Salad Chips & Salsa Pears	28 Macaroni & Cheese Steamed Broccoli Bread Stick Apple Sauce	29 Corn Chowder PB & J Sandwich Cheese Stick Peaches	30 Ham & Cheese Wrap / Lettuce Pickle Chips Apple	
				<div data-bbox="1073 1317 1472 1442" data-label="Text"> <p>The State of Maine and the USDA is an equal opportunity Provider &amp; Employer.</p> </div>		
						<div data-bbox="1635 1390 1913 1533" data-label="Text"> <p>2016</p> </div>