

September

Beals Elementary Breakfast Menu

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|---|---|--|---|
| | | | | | 1 | 2 |
| 3 WEEK #1 | 4 LABOR DAY | 5 TEACHER WORKSHOP | 6 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice | 7 ~Cereal & Toast~ Or: Bagel Yogurt Fruit Juice | 8 ~Cereal & Toast~ Yogurt Fruit Juice | 9 * All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat |
| 10 WEEK #2 | 11 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice | 12 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice | 13 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice | 14 ~Cereal & Toast~ Or :Waffles Yogurt Fruit Juice | 15 ~Cereal & Toast~ Yogurt Fruit Juice | 16 * Flapstick: Sausage wrapped in pancake on a stick. |
| 17 Week #3 | 18 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice | 19 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice | 20 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice | 21 ~Cereal & Toast~ Or: Bagel Yogurt Fruit Juice | 22 ~Cereal & Toast~ Yogurt Fruit Juice | 23 * All Cereals: are Whole Grain |
| 24 Week #4 | 25 ~Cereal & Toast~ Or: French Toast Yogurt Fruit Juice | 26 ~Cereal & Toast~ Or: Flap Stick Yogurt Fruit Juice | 27 ~Cereal & Toast~ Or: Pancakes Yogurt Fruit Juice | 28 ~Cereal & Toast~ Or: Waffles Yogurt Fruit Juice | 29 ~Cereal & Toast~ Yogurt Fruit Juice | 30 |
| <p>Students have a choice of 1% white or fat free chocolate milk with lunch. Those bringing home lunches need to pay \$.35 for milk.</p> | | | <p>The State of Maine and the USDA is an equal opportunity provider & Employer.</p> | | | |

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