

# September

# Beals Elementary School

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2 * All items are baked in our oven. We do not have fried foods.
3  Week # 1	4  LABOR DAY	5  TEACHER WORKSHOP	6 Chicken Tenders Green Beans Mashed Potato Pears	7 Spaghetti/ Meat Sauce Garlic Bread Toss Salad Mixed Fruit	8 Hot Dog/ Bun Baked Beans Coleslaw Peaches	9 * <b>All Breads:</b> Rolls, Toast, Goldfish Sandwiches & Pizza Crust etc. are Whole Wheat
10  Week # 2	11 Cheese Burger WK Corn Chips Mixed Fruit	12 Fish Sticks Green Beans Tater Tots Peaches	13 Corn Chowder PB&J Sandwich Graham Cracker Snacks Apple	14 Deep Dish Pizza Sweet Potato Fries Pears	15 Taco Salad Spanish Rice Chips/Salsa Pineapple	16
17  Week #3	18 Tomato Soup Toasted Cheese Sandwich Apple Sauce	19 American Chop Suey Bread Stick Wk Corn Pears	20 Ham & Cheese Sub Carrots & Ranch Cheese Popcorn Apple	21 BBQ Chicken Potato Wedges Broccoli Peaches	22 Meatball Subs Cheese Stick Toss Salad Mixed Fruit	23
24  Week #4	25 Macaroni & Cheese Sausage Patty Green Beans Apple	26 Chicken Burger Baked Beans Tater Tots Mixed Fruit	27 Beef & Cheese Burrito Toss Salad Apple Sauce	28 Chicken Tetrzzini Veggie Cup / Ranch Corn Muffin Pears	29 Fish Chowder Biscuits Cheese Stick Graham Cracker Snacks Peaches	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 &amp; Employer.</p>		
						<div style="border: 2px solid black; padding: 10px; display: inline-block;"> <h1>2017</h1> </div>