

September 2019 - Beals Elementary School Breakfast Menu

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<u>WEEK #1</u>		2	3	4 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	5 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	6 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	* All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
<u>WEEK #2</u>		7 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast	8 Bagel & Cream Cheese Fruit Juice & Yogurt Or Cereal & Toast	9 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	10 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	11 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	* Flapstick: Sausage wrapped in a pancake on a stick.
<u>WEEK #3</u>		16 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast	17 Breakfast Pizza Fruit Juice & Yogurt Or Cereal & Toast	18 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	19 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	20 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	* Cereals: Whole Grain
<u>WEEK #4</u>		23 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast	24 Bagel & Cream Cheese Fruit Juice & Yogurt Or Cereal & Toast	25 Pancakes Fruit Juice & Yogurt Or Cereal & Toast	26 Flap stick Fruit Juice & Yogurt Or Cereal & Toast	27 Breakfast bar Fruit Juice & Yogurt or Cereal & Toast	
<u>WEEK #5</u>		30 French toast sticks Fruit Juice & Yogurt Or Cereal & Toast					Breakfast time 7:15am-7:40am
The state of Maine & the USDA is an equal opportunity provider & employer.	Students have a choice of white or chocolate milk or lactaid with lunch. Those bringing home lunches need to pay \$.30 for milk.						