

# September 2020 - Beals Elementary School Breakfast and Lunch Menu

***BREAKFAST WILL BE A "GRAB AND GO" MEAL UNTIL FURTHER NOTICE***

<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>	14 Cheeburger Potato wedges Corn Apple	15 Turkey & cheese sub Veggies & ranch Chips & pickle Fruit cup	16 Fish sticks Toss salad Mashed Potato Orange wedges	17 Chicken Alfredo Peas Break stick Mixed fruit	18 Meatball sub Sweet potato fries Veggies & Ranch Honeydew melon	*All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat
<u>WEEK #2</u>	21 Deep dish Pizza Toss salad Fruit cup	22 BBQ Chicken Potato wedges Veggies & Ranch Corn muffin Apple	23 Ham & Cheese Wrap Pasta salad Chips Cantaloupe	24 PB&J Sandwich Veggies & ranch Popcorn Apple	25 Hot dog Baked Beans Chips & Salsa Orange wedges	
<u>WEEK #3</u>	28 Ham Italian Veggies & Ranch Chips Apple	29 Chicken Burger Toss Salad Popcorn Peaches	30 Roast Pork Mashed Potato Peas Apple sauce Biscuit			*Cereals: Whole Grain
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.					

**All Beals Elementary School Students will Receive Free Breakfast and Lunch through December 2020 after it was approved by the USDA.! :)!**

***Breakfasts will be a "Grab and Go" type of meal with NO or VERY LIMITED CHOICES.***

**THERE MAY BE ONLY ONE KIND OF CEREAL FOR EXAMPLE.**