

September 2021 – Beals Elementary School Breakfast and Lunch Menu

Breakfast: Cereal, Toast, Muffins , Yogurt, Fruit & Juice

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<u>WEEK #0</u>	30	31	1 Teacher Workshop	2 Teacher Workshop	3	*All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereals
<u>WEEK #1</u>	6 No School Labor Day	7 Popcorn Chicken Carrots & Ranch Goldfish crackers Apple	8 Meatball sub Toss Salad Peaches	9 Hotdog /Bun Baked Beans Veggies & Ranch Cinnamon apples	10 Ham & Cheese sub Chips & Salsa Apple	Students have a choice of white, chocolate milk with lunch. Those bringing lunch will need to pay .30
<u>WEEK #2</u>	13 Cheese Burgers Potato wedges Carrots & ranch Peaches	14 Baked Ham Mashed Potato Peas Apple sauce	15 Taco Salad Rice Chips & Salsa Apple	16 Chicken Burger Veggies & Ranch Popcorn Mixed Fruit	17 American Chop Suey Green Beans Biscuit Fruit cup	The state of Maine & the USDA is an equal opportunity provider & employer
<u>WEEK #3</u>	20 Hotdog /Bun Mac n Cheese Carrots Apple	21 Deep Dish Pizza Toss Salad Mixed Fruit	22 Chicken Tenders Rice Cucumbers & ranch Apple sauce	23 Tomato Soup Toasted Cheese Crackers Cinnamon apples	24 Meatball Sub Veggies & Ranch Popcorn Ice Cream	
<u>Week #4</u>	27 Fish Sticks Mashed Potato Green beans Apple sauce	28 Ham & Cheese Sub BBQ chips Veggies & ranch Peaches	29 Chicken Alfredo Broccoli Bread stick Fruit cup	30 Corn Chowder Corn Muffin Carrots & Ranch Apple		