

SEPTEMBER 2022– Beals Elementary School Lunch Menu

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

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>WEEK #0</u>	<u>August 29th</u>	<u>August 30th</u>	<u>August 31st</u> TEACHER WORKSHOP DAY #1	1 - TEACHER WORKSHOP DAY #2	2 <u>No School</u>	<i>All Breads: Rolls, Toast, Pancakes & Pizza Crust etc. are Whole Wheat & Cereal</i>
<u>WEEK # 1</u>	5 <u>No School</u> LABOR DAY	6 - <u>1ST STUDENT DAY</u> Ham Italian Chips Orange Wedges	7 Fish Sticks Tater Tots Carrots & Ranch Peaches	8 BBQ Chicken Pizza Toss Salad Apple	9 American Chop Suey Breadstick Cucumber & Ranch Apple Sauce	<i>Students have a choice of white or chocolate milk with lunch. Those bringing lunch will need to pay .30.</i>
<u>WEEK #2</u>	12 Chicken Surger Baked Beans Cole Slaw Orange Wedges	13 Tomato Soup Toasted Cheese Carrots & Ranch Apple sauce	14 Sweet & Sour Chicken Rice Green Beans Peaches	15 Pulled Pork Sandwich Cucumber& Ranch Chips Fruit	16 Meatball Sub Popcorn Cheese Stick Apple	<i>The State of Maine & the USDA is an equal opportunity provider & employer.</i>
<u>WEEK #3</u>	19 Oven BBQ Chicken Corn Biscuit Fruit	20 Tater Tot Casserole (Hamburg & Veg.) Breakstick Apple	21 Hot Dog and Bun Veggies & Ranch Popcorn	22 Pepperoni Pizza Toss Salad Apple	23- <u>EARLY DISMISSAL</u> Ham & Cheese Sub Chips Fruit cup	MENU IS SUBJECT TO CHANGE or SUBSTITUTIONS
<u>WEEK #4</u>	26 Spaghetti with Meat Sauce Bread Stick Toss Salad Fruit	27 Chicken Pie with Mixed Vegetables Yogurt Fruit	28 Chicken Fajitas Rice Veggies & Ranch Mixed Fruit	29 Taco Salad Chips Salsa Peaches	30 BBQ Chicken Sandwich Chips Veggies & Ranch Apple	Breakfast is Served From 7:15AM to 7:40 AM