



LUNCH

ALTERNATE MEAL

M,W,F – Bagel & Cream Cheese
T,Th – Peanut Butter & Jelly Sandwich

OCTOBER 2017

Beeman Elementary School

Sarah Little, Manager
Tammy Jewett, Assistant
453-2331

Monday

Vegetable Barley Soup
Cheese Quesadillas
Salsa and Sour Cream
Buttery Corn
Fresh Fruit and Veggie Bar
Milk

2

Tuesday

HALF DAY BAG LUNCH
Turkey & Cheese Sandwich
With Lettuce and Tomato
Carrot and Celery Sticks with Dip
Fresh Fruit and Veggie Bar
Milk

3

Wednesday

PIZZA DAY
Cheese, Pepperoni or Veggie Pizza
Caesar Salad with Romaine
Fresh Fruit and Veggie Bar
Milk

4

Thursday

Honey Lemon Chicken
Mashed Potatoes
Baked Beans
Whole Grain Biscuit
Fresh Fruit and Veggie Bar
Milk

5

Friday

Macaroni and Cheese
Honey Glazed Carrots
Broccoli
Fresh Fruit and Veggie Bar
Milk

6

Monday

Rotini Pasta w/ Marinara
Roasted Green Beans
Homemade Garlic Bread
Cottage Cheese
Fresh Fruit and Veggie Bar
Milk

9

Tuesday

Beef or Bean Burritos with Cheese
on Whole Wheat Tortilla
Roasted Zucchini
Brown Rice
Fresh Salsa
Fresh Fruit and Veggie Bar
Milk

10

Wednesday

Roasted Pork with Apples
Mashed Potatoes
Steamed Broccoli
Dinner Roll
Fresh Fruit and Veggie Bar
Milk

11

Thursday

Barbeque Chicken on a Whole Wheat Bun
Butternut Squash
Sweet Peas
Fresh Fruit and Veggie Bar
Milk

12

Friday

Baked Potato Bar
Ham, Broccoli, Cheddar
Carrot Sticks
Sour Cream
Blueberry Muffin
Fresh Fruit and Veggie Bar
Milk

13

Cheesy Breakfasts w/ Marinara Sauce
Roasted Cauliflower
Fresh Fruit and Veggie Bar
Milk

16

Chicken Tenders w/ BBQ Sauce
Roasted Roots
Corn Muffin
Baked Beans
Fresh Fruit and Veggie Bar
Milk

17

Breakfast for Lunch
Cheesy Scrambled Eggs
Sausage
French Toast Sticks
Steamed Broccoli
Fresh Fruit and Veggie Bar
Milk

18

NO SCHOOL

19

NO SCHOOL

20

Grilled Cheese Sandwich
Tomato Tortellini Soup
Three Bean Salad
Fresh Fruit and Veggie Bar
Milk

23

Spaghetti with Meat Balls and Marinara Sauce
Steamed Broccoli
Garlic Bread
Fresh Fruit and Veggie Bar
Milk

24

Chicken and Biscuits with Seasonal Veggies
Roasted Green Beans
Fresh Fruit and Veggie Bar
Milk

25

Hamburger, Cheeseburger Or Veggie Burger
On Whole Wheat Bun
Sweet Potato Fries
Fresh Fruit and Veggie Bar
Milk

26

Broccoli Cheddar Soup
Turkey and Cheese Wrap
Veggie Sticks with Dip
Fresh Fruit and Veggie Bar
Milk

27

PIZZA DAY
Cheese, Pepperoni or Veggie Pizza
Caesar Salad with Romaine
Fresh Fruit and Veggie Bar
Milk

30

GHOOOOLASH (Macaroni w/ Meaty Tomato Sauce)
Petrified Peas
Scarrot Salad
Freaky Fruit Salad
Myummy Milk
HAPPY HALLOWEEN!

31

PRICES
Breakfast - 1.25
Paid Lunch \$2.50
Reduced and Free Lunch – FREE
Milk w/o a meal - \$.65
Adult Breakfast \$2.50 Adult Lunch \$5.00

We regularly use local products in an effort to provide our students with the healthiest food and to support our local Addison County farmers and producers.

This institution is an equal opportunity provider.



PAY FOR MEALS ONLINE
MySchoolBucks.com