

**BEEMAN ELEMENTARY SCHOOL -Catering in the Classroom**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**All MEALS are FREE**

**Cheese or Pepperoni Or Veggie PIZZA**  
w/ Caesar Salad  
Fruit  
Milk

**5**

**Macaroni & Cabot Cheese**  
Corn  
Dinner Roll  
Fruit  
Milk

**6**

**HALF DAY Meal to Go**  
**Ham & Cheese Sandwich on WG Croissant**  
**OR Egg Salad On WG Croissant**  
Veggie Sticks w/ Dip  
Whole Fruit  
Milk

**7**

**COHORT 2**  
**1-Mexican Soft Taco w/ Local Beef or Beans (V) & Cheese**  
Corn - Brown Rice  
Sour Cream & Salsa  
**2- Deli Turkey & Cheese Sandwich**  
Veggie Medley w/ Dip  
**FRUIT MILK**

**1**

**COHORT 2**  
**1-Sweet Cinnamon French Toast Sticks**  
Sausage Patties  
Roasted Red Potato Wedges  
**2 - Bagel & Cream Cheese**  
4 oz. Yogurt & Cabot Cheese  
Veggie Medley w/ Dip  
**FRUIT & MILK**

**2**

**Chicken Tenders or Baked Tofu w/ BBQ Sauce**  
Roasted Parmesan Carrots  
WG Biscuit  
Fruit  
Milk

**12**

**Penne Pasta w/ Meatballs Or Cottage Cheese & Marinara Sauce**  
Roasted Broccoli  
Garlic Bread Stick  
Fruit  
Milk

**13**

**HALF DAY Meal to Go**  
**Turkey & Cheddar on WG Bread**  
**OR Cheddar and Hummus Sandwich**  
Veggie Sticks w/ Dip  
Whole Fruit  
Milk

**14**

**BURGER DAY**  
**Hamburger, Cheeseburger or Veggie Burger**  
Baked French Fries  
Corn  
Fruit  
Milk

**15**

**NO SCHOOL**

**16**

**Yang's Yummy Orange Chicken Or Orange Tofu**  
Steamed Edamame Beans  
Brown Rice  
Fruit  
Milk

**19**

**BREAKFAST FOR LUNCH**  
**Sweet Cinnamon French Toast Sticks**  
Sausage Links and Boiled Egg  
Roasted Potato Wedges  
Fruit  
Milk

**20**

**HALF DAY Meal to Go**  
**Italian Sub Sandwich On WG Roll**  
OR Cheese and Veggie Sub  
Veggie Sticks with Dip  
Whole Fruit  
Milk

**21**

**Cheese or Pepperoni Or Veggie PIZZA**  
w/ Caesar Salad  
Fruit  
Milk

**22**

**Nachos with Cheese Sauce**  
**Local Beef OR Beans**  
Corn  
Salsa  
Fruit  
Milk

**23**

**Cheese Ravioli With Marinara Sauce**  
Tossed Garden Salad  
WG Dinner Roll  
Fruit  
Milk

**26**

**Loaded Baked Potato Ham-Broccoli-Cheddar Boat**  
Or  
Cheddar - Broccoli Boat  
Cornbread  
Fruit  
Milk

**27**

**HALF DAY Meal To Go**  
**Turkey and Cheese Roll UP On WG Tortilla**  
Carrot and Celery Sticks with Dip  
Whole Fruit  
Milk

**28**

**Homestyle Chicken & Biscuits With Veggies**  
French Cut Green Beans  
Fruit  
Milk

**29**

**Ghostly Grilled Cheese or Ghostly Grilled Cheese w/ Ham**  
Sweet Potato Finger Fries  
Cucumber Broomsticks  
Halloween Fruit Treat  
Milk

**30**

**An ALTERNATE MEAL will be available every day:**

**Monday & Friday:** WG Bagel w/ Cream Cheese, Baby Carrots w/ Ranch, Cheddar Cheese Stick, 4 oz. Yogurt & Applesauce

**Tuesday and Thursday:** Peanut Butter & Jelly on WG Bread, Baby Carrots w/ Ranch, & Applesauce

(The alternate meal is vegetarian and can be gluten free on request)

